Branding the UNI/Wellness Recreation Center: creating a cohesive cross-media collegiate recreation identity

Rachael Bair
*University of Northern Iowa*

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Bair, Rachael, "Branding the UNI/Wellness Recreation Center: creating a cohesive cross-media collegiate recreation identity" (2016). *Honors Program Theses*. 205. [https://scholarworks.uni.edu/hpt/205](https://scholarworks.uni.edu/hpt/205)

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BRANDING THE UNI WELLNESS/RECREATION CENTER:
CREATING A COHESIVE CROSS-MEDIA COLLEGIATE RECREATION IDENTITY

A Thesis Submitted
in Partial Fulfillment
of the Requirements for the Designation
University Honors with Distinction

Rachael Bair
University of Northern Iowa
May 2016
This Study by: Rachael Bair

Entitled: Branding the UNI Wellness/Recreation Center: Creating a Cohesive Cross-Media Collegiate Recreation Identity

has been approved as meeting the thesis or project requirement for the Designation

University Honors with Distinction or University Honors (select appropriate designation)

______________________________________________________
Date
Roy Behrens, A Master Indeed, and Honors Thesis Advisor

______________________________________________________
Date
Dr. Jessica Moon, Director, University Honors Program
DEDICATION

The work of this thesis is wholly and wholeheartedly dedicated to the Lord. Only He made it possible!

"Commit your work to the Lord, and then your plans will succeed."
-Proverbs 16:3

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Many thanks to Roy R. Behrens, my graphic design professor and thesis advisor. You have helped me tremendously throughout the past four years, and I am incredibly grateful for your encouragement and support!
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A. Explanation of the Project and Reasons for Selection

This thesis produced a branded cross-media campaign for the UNI Recreation Services department. A brand, or visual identity, was needed to tie together all of the promotional materials being produced for Recreation Services. Before I created the brand, the department's materials did not have a consistent visual style, and each program within the department maintained its own materials. As a result, visitors who came to the department office often left with a handful of visually inconsistent printed materials. Additionally, print materials often needed to incorporate large areas of purple and gold in order to stay within guidelines set by University Relations. While these guidelines did create visual consistency with the brand of the university as a whole, the department's promotional materials did not stand out from the materials of any other department on campus. I also wanted to take on the brand as an exercise to ready myself as a professional graphic designer. As with many brands, UNI's overall (or "parent") brand has several visual guidelines, and I wanted to take on the creative challenge to design something fresh and new but that was still acceptable within the parent brand.

Furthermore, Recreation Services is housed in the Wellness/Recreation Center (WRC), and I wanted to complement the existing visual and relational experiences found in the WRC. The facility is visited by prospective students and their families and is also widely used by campus students, faculty, staff, and retirees as well as community members. I believed the scope of the project was sufficiently broad in that it could influence a large number of people to visit, work out, and make friends at the WRC. This project also fulfilled my two personal criteria: that it be meaningful, both to me personally in gaining skills and creating a full-scale brand, which in turn will look good to a future employer, and that it help people by encouraging students, faculty, and staff to work out and choose healthy lifestyles. Additionally, I set out to design print and web pieces for production, which would allow me to utilize both of my majors in graphic design and graphic technologies. Ultimately, I wanted to create excellent, cohesive, and functional design for a variety of applications.

To accomplish these goals, I created a brand for Recreation Services. A brand is made of three components: a look, a feel, and a message. The brand I created for Recreation Services looks athletic and well-executed, feels welcoming, and its message encourages the UNI community to participate in the recreational activities that it offers. Throughout the campaign, I created, updated, and branded program catalogs, indoor and outdoor signage, handouts, posters, annual reports, and other assorted printed collateral (branded promotional material). I also created a document of brand standards and best practices to guide the brand after I graduate and trained my future replacement in these standards, which will be applied to future print and web media. Last, I planned a cross-media strategy to promote the Recreation Services department in the future.

The campaign addressed the current lack of cohesive collateral created for recreation facilities on college campuses and resolved the deficit previously found on UNI's campus. Now that the branding campaign has been launched, it will join the body of contemporaneous branding
campaigns and may inspire or even influence the work of future graphic designers, particularly if they aim to brand collegiate recreation departments.

B. Steps Taken to Complete the Project
I followed a set list of tasks throughout the past summer, fall and spring semesters to complete my thesis. During the fall, I first and foremost decided to expand upon the work I was currently doing for the WRC and take it to a new and professional level. Around the time I started thinking about my thesis topic, I was tasked with creating an all-program catalog. The purpose of the catalog was to bring together the eight programs offered by Recreation Services in a single 16-page publication which also described policies, hours of operation, and contact information for each of the program coordinators. Typically, branding campaigns start with intense research and identify consumer beliefs and values related to the brand. However, I did not have this information to draw upon, and so I went on to the next phase: brainstorming. I met with two program coordinators and gathered ideas and information that they wanted to include in the all-program catalog. The all-program catalog later became the foundation for the brand, as it shows the typography and photography treatments that other collateral was based upon. Soon after, I met with my supervisor and the director of the WRC, Christopher Denison, to pitch the idea of the catalog. He provided me with an example of another collegiate recreation department’s catalog, and we discussed project specifications as well as the types of information that would be gathered in the catalog. With his support, I continued to gather information from program coordinators, design increasingly more complete drafts, and talk through revisions with staff. I sent the final files to the printer on August 10, 2015, marking the first big milestone in my thesis.

As I worked on the all-program catalog, I also reached out to my academic advisor and graphic design professor, Roy Behrens, to ask if he would be my thesis advisor. He graciously agreed, and I began to send him bi-weekly updates to inform him of my progress. Throughout the entire process, he served as a sounding board for my ideas and was also an excellent cheerleader, and I am incredibly grateful for his help. After securing Roy’s help, I continued to apply the brand created in the all-program catalog to other collateral, including posters for Outdoor Recreation and trifold display panels for the Fitness program. I also wrote my thesis proposal, which included a statement of purpose, a review of material related to my topic, central themes I wanted to address, and a timeline of events.

Throughout the fall and spring semesters, I soon found roadblocks that prevented me from accomplishing my original plan. Of all the components included in my proposal, perhaps the most ambitious was my timeline. As I set out to implement my timeline in the spring semester, I quickly realized that I had outlined a media plan that could easily require a full-time graphic designer. I scaled back my plans to fulfill the projects required of me rather than taking on the new tasks I had hoped to accomplish in my media plan. Secondly, the projects I worked on depended on the direction of my supervisor, which meant that I might need to add or subtract jobs from my list at any point. As an example, one of these projects was a set of wall panels I
designed for the Intramurals program. These were hung outside the Intramurals office and became a point of interest as well as a wayfinding device. Although I didn't originally anticipate designing these panels, they provided an excellent opportunity for me to create large-scale indoor signage. Third, my supervisor graciously allowed me to hire a new graphic design student to become my protégé and later become my replacement. However, after teaching her about the brand through extensive training sessions, I learned that she would not be able to continue the position. Unfortunately, the time I spent training her subtracted from my work hours. However, it was also a valuable learning opportunity for me, as this was the first time I had formally trained someone in the requirements of a job and handled giving and retracting responsibilities.

I also came across other projects in the fall semester that I did not anticipate. The executive director of Health and Recreation Services, Shelley O'Connell, was impressed with my work on the all-program catalog and asked if I would design annual reports for the Student Health Clinic, Recreation Services, and the Counseling Center. Therefore, much of my time throughout the fall semester was spent designing the reports for the Student Health Clinic and for Recreation Services. Although these projects were not in my original timeline, they were valuable opportunities to network and to create publications, which I enjoy creating most out of all of the projects I design. In the case of the Recreation Services annual report, I was also able to create a publication that diverged a bit from the brand I created for general Recreation Services promotional material. While the latter was meant to be appealing and exciting, the former was meant to provide information to university stakeholders and the Iowa Board of Regents. Designing for these two very different audiences within the same brand presented a new challenge and called for a different visual solution than the one I previously invented. However, I still needed to present several types of information in an interesting manner, which was the same task I completed with the all-program catalog. I completed the Student Health Clinic annual report on October 30, 2015 and the Recreation Services annual report on January 29, 2016.

Near the end of January, my supervisor and I hired another student to become my protégé and future replacement. Since then, Megan Parisot, a junior graphic design student, has been assisting me with my workload. I have addressed training much differently with Megan than with our previous student, as I am training Megan as we tackle projects along the way rather than all at once at the beginning. Although I initially planned to spend the spring semester designing emailed newsletters and digital publications and updating website information and social media content, I am grateful that I have been able to spend that time investing in Megan as a designer and preparing her to take on the position after I graduate. During this time, I have learned not only to continue creating pieces that are "on-brand," but also how to train and manage a protégé.

After finishing the Recreation Services annual report, I started working on the Counseling Center annual report. However, my supervisor requested a set of hallway panels to hang as
indoor signage in the main hallways of the WRC, and so I began working on that task. I previously created the set of panels for Intramurals in the fall, and the majority of the 19 panels he requested for Recreation Services and Student Wellness Services would follow a somewhat similar visual scheme. I allotted the Recreation Services panels to Megan and took on the panels for Student Wellness Services myself, coaching Megan through many small critiques along the way. The panels and the Counseling Center annual report will be finished by the time I graduate at the end of this semester.

C. Description of Final Work
The elements of the thesis will be compiled in a portfolio that includes publications such as all-program catalogs and annual reports, collateral such as handouts, posters, and table tents, and copies of indoor signage such as the hallway panels I created for Recreation Services and Student Wellness services. Digital copies of portfolio pieces will also be included inside the portfolio in PDF format on a DVD disk. This portfolio may remain in the Honors office after I have left UNI and will be permanently available to allow others to view it. The products of this thesis will also reside in my printed and online portfolios for future employers and fellow graphic designers to access.

D. Assessment of the Importance of the Creative/Performative Activity and an Indication of the Activity's Unique Contribution to Existing Creative/Performative Works
Creating a brand for Recreation Services was extremely important because it set the department apart from other departments on campus and from the promotional materials for other schools. Not only does it elevate the position and importance of Recreation Services at UNI, it also elevates UNI as a whole when students, staff, or faculty from other colleges view the brand. My branded publications showed consistent systems of typography, color, image treatment, and placement of graphic elements. Brand elements, such as UNI's logo, were also repeated throughout the publication. Altogether, a reader could easily pick up the publication, know which university was being represented, become more intrigued in the programs because of the appealing design, and have an enjoyable viewing experience, all of which likely increased participation or retention rates in Recreation Services activities in the past year. In addition, the branding I created will ultimately fuel increased recreational interaction in the future.

Last fall, I reviewed ten publications from colleges throughout the United States as samples of similar marketing efforts for recreational facilities and activities. Using the knowledge of branding I gained throughout my literature review as well as my own personal judgment as a graphic designer, I determined these publications to be either branded or not branded. Branded publications followed the guidelines outlined in the paragraph above. Unbranded publications, however, were often missing some of these elements or combined them in visually unpleasing ways. Unbranded publications typically use a wide variety of fonts and colors and place design elements, such as a block of text, in seemingly arbitrary locations. A reader who glanced through an unbranded publication would likely experience some confusion because of the general inconsistency in design and placement from page to page. As a result, a
reader of an unbranded publication is less likely to have an enjoyable viewing experience and may also be less likely to participate in the activities being featured.

Of the publications I reviewed, four were branded and well executed throughout their imagery, typesetting, and overall cohesion. In these publications, images showed college students enjoying fitness facilities and working out in various recreational programs. Typesetting was consistent across headers, body copy, and captions. Overall, the pages of the publications seemed cohesive and the viewer had a consistent visual experience throughout. However, the remaining six publications were not branded. These publications were not well executed in design, imagery, typesetting, or overall cohesion. Instead, images and type were stacked unattractively or styled in unappealing colors. Some publications used only one color for monotone photography and set text only in black. Others were partially black and white publications, with some spreads printed in color. Information was not displayed in an orderly manner, and the overall viewing experience was neither enjoyable nor engaging.

As a result of the source review, and by learning from its important lessons, I can confidently say that I have created a branded all-program catalog—and a brand—for UNI Recreation Services. Both of these fill and inform the gap in excellent graphic design that is lacking in the promotion of many collegiate recreation programs. Thus, by creating a brand for Recreation Services and implementing it through the all-program catalog, I have added my own unique contribution to existing creative works.

E. Brief Statement About the Value of My Experience
I learned numerous lessons while completing this thesis. I have worked with a wide variety of clients, worked through university bureaucracy, policies, and restrictions, and, through my design choices, have consolidated the opinions of many. I created a fresh brand that fully meets the criteria of the UNI parent brand, and I applied the Recreation Services brand to a wide variety of products. I learned about branding, leadership, management, and passing my vision to another design student. Last, but certainly not least, I completed a project that was meaningful and important to me. This brand has real value for me, but it also has real value in the real world, certainly enough to become the new face of Recreation Services. I have learned so much through this experience, and I know that I will be able to take these skills forward to my professional graphic design career.
OUR RECREATION SERVICES MISSION STATEMENT

The mission of Recreation Services is to enhance the personal, professional, and academic lives of university students, faculty, and staff through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus-wide initiatives. Recreation Services staff are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

UNI Recreation Services plays an important role in the lives of students, faculty, staff, and the UNI community. Recent research shows that students who frequent collegiate recreation centers improve time management skills, develop friendships, and have higher GPAs. Recreation Services strives to help the UNI community through programs which address one’s health, wellness, and recreation needs. We complete this through a comprehensive collegiate recreation program including: aquatics, certifications, fitness, intramurals, outdoor recreation, sport clubs, and youth programs. I hope that you find information about your desired programs in this publication. If you have questions, I urge you reach out to one of our staff via phone, email, social media, or by stopping by the main office at WRC 101.

Christopher B. Denison, Ed.D.
Recreation Services Director
(319) 273-7160
christopher.denison@uni.edu
Facility and family hours are posted in a number of locations including signage in the WRC and Health Beat, on the Recreation Services website, and on wallet cards that may be picked up in the WRC or Health Beat. See program pages for program-specific hours. Hours are subject to change by semester.

**Activity & Racquetball Courts, Fitness Area & Indoor Track**

<table>
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<tr>
<th>Monday - Thursday</th>
<th>6am - 8pm</th>
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<td>12pm - 1pm</td>
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<td>3pm - 11pm</td>
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<td>Friday</td>
<td>6am - 8pm</td>
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<td>Saturday</td>
<td>8am - 6pm</td>
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<tr>
<td>Sunday</td>
<td>1pm - 11pm</td>
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**Family Hours**

<table>
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<th>Friday</th>
<th>5pm - 8pm</th>
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<tr>
<td>Saturday</td>
<td>8pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1pm - 8pm</td>
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</tbody>
</table>

**Additional hours Thanksgiving week.**

**GUEST SPONSORSHIP**

WRC Paid Users may bring community members to the WRC as guests (up to four guests per host). The cost of a day pass is $5 per guest, which the WRC Paid User may purchase at the WRC welcome desk via uBill charge or payroll deduction.

**ALUMNI SERVICES**

UNI alumni are eligible to pay the WRC user fee for access to the WRC and Health Beat (in Maucker Union). UNI alumni may purchase one day passes, a six-day pass punch card, or pay the annual fee. For an additional fee, other programs and services are available. If you have any questions regarding Alumni Services, please call us at (319) 273-5275 or check our website at www.uni.edu/recreation.

**RS GIVING FOUNDATION**

You can help make a difference in a student’s UNI experience. Tax-deductible donations to Recreation Services help student employees attend professional conferences, gain specialized certifications in their field of study, support tuition and fees, and allow for program/facility upgrades. Please contact Dr. Christopher Denison (Director, Recreation Services) or Tim Klatt (Associate Director, Recreation Services) if you have questions about the giving program.

**COMMUNITY SERVICES**

UNI’s WRC supports the academic programs of the School of Health, Physical Education and Leisure Services (HPELS) and meets the recreational needs of students who pay a mandatory recreation fee. The facility has a very high rate of use and is challenged to meet all of the current on-campus demand, making it impractical to expand access to the general public. However, Recreation Services is able to offer certain opportunities for community members in the Cedar Valley to use the WRC through specific programs:

- Community Climbing
- Facility Rental for private events
- Masters Swim Club
- Noon Basketball Association
- Outdoor Recreation Equipment Rental
- WRC Guest Pass Options
- Youth Camps/Clinics

Check with the Recreation Services Office at (319) 273-5275 for details or our website at www.uni.edu/recreation.

**STUDENT EMPLOYMENT**

Recreation Services employs approximately 280 students in a variety of positions supporting general recreation, aquatics and certifications, fitness, intramurals, outdoor recreation, and youth programs. We urge you to learn more about student employment by visiting the UNI Job Board, the Recreation Services webpage, or by stopping by the main office.

**ACCOMMODATIONS**

If there is an accommodation you need in order to participate in a Recreation Services program or activity, please contact WRC 101 at (319) 273-8275. The University of Northern Iowa does not discriminate in employment or education. Visit www.uni.edu/policies/1303 for additional information.

**MEMBERSHIP INFORMATION**

**WRC Users**

Use of the Wellness/Recreation Center (WRC) plus satellite facilities that offer programs and services provided by Recreation Services are available during scheduled recreation hours to the following recognized university personnel:

- Currently enrolled students and their spouses.
- Hawkeye Community College students living on campus in the Residence Halls.
- Faculty/staff, retirees, alumni and their spouses.
- A student not enrolled in summer classes, a university-sponsored visiting professor/artist, or a student from another college in town during the summer or interim periods.

Check with the Recreation Services office for WRC pass options and costs or prices.

**User Fees**

Check our website for current WRC User Fees: www.uni.edu/recreation/user_fees.

**How to Join**

Eligible users may register for an annual pass, towel service, and other recreation programs/services via online registration links on our website (www.uni.edu/recreation) or by stopping by the Recreation Services office in the WRC, Room 101.

**WRC Towel Service**

WRC towel service may be purchased at the WRC welcome desk or at the Recreation Services office. Purchase options are available for the summer, per semester, or for the year. Check our website or with the office for prices.

**FACILITY RENTAL & RATES**

**Questions? Contact me for facility rental pricing.**

Joelle Rummel
Facilities, Sport Clubs, and Youth Programs Coordinator
(319) 273-3972
rummelj@uni.edu

www.uni.edu/recreation/reserve
NEW! FIT CLASS PASS
Pay one fee and fit any class (excluding TRX, Tai Chi, and Fit Club). Each room has a maximum limit of 20-25 participants; first come, first served. Please bring a towel and clean, non-marking shoes. Pay by U-Bill, payroll deduct, credit card, or cash. Classes with low attendance after September 11 may be cancelled. No refunds. Section 1.

STRENGTH, and 30 minutes of CORE. Various equipment is used to ensure a great workout!

**Cycle Yoga Fusion** 75 mins.
5:15pm, TTH, WRC 85
8:30pm, MW, WRC 85

Get the best of both worlds with cycling and yoga meditation in one class. The high energy of cycling and relaxation of yoga give your body and mind the whole wellness package. Towel and water bottle required.

**Cycle Blast** 60 mins.
4:30pm, TTH, WRC 85
6:00pm, TTH, WRC 85

Experience a ride full of hills, sprints, and endurance intervals with energizing music and a motivating instructor. Cycle Blast will enhance your strength, stamina, and improve your overall physical health regardless of your fitness level! Towel and water bottle required.

**Cycle and Core** 60 mins.
4:05pm, TTH, WRC 85
6:05pm, TTH, WRC 85

Thirty minutes of cycling and thirty minutes of core training. Use a variety of equipment for toning to ensure a challenging, never boring, get-lean workout. Instructor will utilize TRX bands, BOSU balls, stability balls, and more. It’s functional training at its best!

**Kickboxing x2** 50 mins.
4:30pm, MW, WRC 87
5:10pm, TTH, WRC 87
7:30pm, MW, WRC 87

Kickboxing x2 is an addictive workout combining shadow boxing, kickboxing, sports drills, and sparring in a party atmosphere. This is an interval-based workout that will give you both cardio conditioning and full body toning! For all levels, this class is fun, exciting, and empowering.

**FAC Friday (Fitness After Class)** 45 mins.
3:15pm, TTH, WRC 85
7:30pm, MW, WRC 85
9pm, TTH, WRC 87

It’s time to find the WRC on Fridays. End your busy week or start your weekend with friends at the WRC instead of at the Hill. It’s a healthier option for your Friday afternoons, and you will feel better for it! Workout options will vary each week, offering a variety of classes including cycling, kickboxing, yoga, pilates and cardio HIIT. See website for weekly schedule.

**Wild Card Wednesday** 75 mins.
8:30pm, W, WRC 87

Tired of your same routine, the same workout, and the same results? Take a chance with a variety of instructors and workout formats each week. Gamble with Wild Card Wednesday and be ready for a fun 75-minute full-body workout. Bring a towel and water.

**Zumba®** 50 mins.
6:10pm, TTH, WRC 87
8pm, MW, WRC 85
9pm, TTH, WRC 87

Bring your energy and dance away your worries. Zumba® uses unique Latin-based moves and combinations that allow you to add spice and flair to your complete body workout! No dance experience required.

**Zumba® Tone** 45 mins.
9pm, MW, WRC 85

Enjoy Zumba® movements, rhythm, and coordination while toning arms, core, and lower body. Lightweight Zumba® toning sticks give your muscles a good challenge while you enjoy the music and energy of each class.

**Aqua Zumba** 50 mins.
5:45pm, MW

Add spice to your regular water workout by diving into Aqua Zumba! This class combines energizing music with unique moves and combos. It’s a complete workout without high impact on your joints.

$60

**Abs, Core, and More** 30 mins.
7:30 am, MW, WRC 85

Back by popular demand! Get a sculpted and lean core. This AB-solutely fabulous workout is designed to target the abdominal, lower back, and core muscles. It’s a perfect addition to any exercise routine!
Total Sculpt and Tone
50 mins.
12:05 pm, TTH, WRC 176
Use weights, bands, bars, stability balls, medicine balls, and the body's own resistance. Shape up your core and redefine your muscles.

TRX
(Total Body Resistance)
50 mins.
Price Per Session
Students: $25
Employees: $25
Affiliates: $45
7-Week Sessions
Session One
Aug. 31 – Oct. 16
Session Two
Oct. 19 – Dec. 11
Session One
Section 5
6:30 am, TTH, Dome
Section 6
12:05 pm, MW, Dome
Section 7
12:05 pm, F, Dome (only $10.00 per session)
Section 8
9 pm, MW, Dome
Session Two
Section 9
6:30 am, TTH, Dome
Section 10
12:05 pm, MW, Dome
Section 11
12:05 pm, F, Dome (only $10.00 per session)
Section 12
9 pm, MW, Dome
TRX Suspension Training uses a suspension trainer to leverage gravity and body weight to create exercises that can be scaled to reach any fitness or training goal. TRX develops strength, power, endurance, balance, flexibility, and core stability. Regardless of your fitness level, TRX suspension training meets you where you are and takes you where you want to go.

Voted best strength training class!

Tai Chi
50 mins.
Beginning Level
5:16 pm, TH, WRC 176
Session 1: Section 2
Sept. 1 – Oct. 15
$50
Session 2: Section 3
Oct. 20 – Dec. 10
$50
Intermediate Level
5:16 pm, TH, WRC 176
Aug. 31 – Nov. 13
$80
*Prerequisite: Some knowledge of 24 forms Yang Style.

Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and joint pain relief. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements. It is a low-impact exercise that emphasizes balance, grace, and fluidity.

Yoga Synergy
60 mins.
12:05 pm, MWF, WRC 176
5:30 pm, MW, WRC 87
8pm, TH, WRC 87
3:30 pm, TH, WRC 176
A deep, restorative approach to the practice of yoga. This class offers strengthening, flowing poses linked to your breathing to release stress and tension throughout the entire body, leaving you feeling more energized and serene.

Yoga Complete
75 mins.
8:30 pm, W, WRC 176
This class complements your regular yoga practice by adding more time to push your strength and flexibility to new heights through dynamic flow, static holds, and core conditioning. The session ends by inviting your mind to relax and unwind through a deep stretch.

Pilates Perfect
30 mins.
12:15 pm, MW, WRC 87
6:10 pm, MW, WRC 176
7:30 pm, MW, WRC 85
This class will give you a quick effective core workout that tightens your abs, butt, and arms AND leaves you feeling stretched and relaxed. A perfect way to spend your lunch time or end your day!

Power Pilates
50 mins.
5:10 pm, TH, WRC 85
Discover your body in a whole new way. Using a variety of equipment, the instructor will coach you through a complete core workout that will strengthen, stretch and tighten the abdominal, butt, arms, and back. Feel the burn but enjoy the stress-free environment.

Fit Club UNI
Section 12
Oct. 5 – Dec. 4
Price: $8
Become an instant member of the Fit Club and receive a t-shirt. Take fitness classes and earn points to be a Gold, Silver or Bronze level member. After 8 weeks of fitness classes, receive incentives and prizes for the points you accumulated. The top 10 gold level members win a free Fit Pass for the spring semester. Remaining gold members and all silver and bronze winners will receive variable prizes. It’s easy—register online, check in at your classes, and win!

BECOME A FITNESS INSTRUCTOR

Instructor training is offered here! During the fall and spring semesters, our Recreation Services department offers the following instructor certifications. Take your passion for fitness one more step and become an instructor!

Land Aerobics Instructor Certification
Sept. 11 – Dec. 4, 2pm – 5pm, WRC 87 / Fee: $120 / Section 14
Learn how to lead a kickboxing, interval training, boot camp, strength conditioning, and TRX strength training group exercise class. Participants must be current UNI students and commit to teaching at least three semesters after training is complete.

Aquatic Instructor Certification
Fee: $75 / Section 15
Learn to teach group aquatic exercise classes. Learn shallow and deep water formats and strength training in the water. Lifeguard certification required as well as two semesters of teaching at UNI WRC after completion of the course. Participants must be current UNI students and commit to teaching two semesters after training is complete. For more information, contact danafoster@uni.edu.

Yoga Instructor Certification
Oct. 10, 10am – 5pm, and Oct. 11, 11am – 4pm, WRC 87 / Fee: $150 / Section 16
This informative workshop gives you the tools to create vinyasa yoga classes. The training includes physical execution, pose breakdowns, transitions, and leadership skills with emphasis on effectiveness and safety. If you are interested in teaching yoga, this training is a good place to start. Certification awarded upon successful completion. Open to the public.

Indoor Cycling Instructor Certification
Oct. 3, 9am – 4pm, WRC 85 / Fee: $80 / Section 17
You will learn how to design a class format, instructor cueing, proper set up, and safety precautions on the bikes. You will also practice interval training, jumps, hills, sprints, and use of music to motivate. Open to the public.

Mat Pilates Instructor Certification
Fee: $150 / Section 18
Learn how to teach group aquatic exercise classes. Learn shallow and deep water formats and strength training in the water. Lifeguard certification required as well as two semesters of teaching at UNI WRC after completion of the course. Participants must be current UNI students and commit to teaching two semesters after training is complete. For more information, contact danafoster@uni.edu.

Kickboxing Instructor Certification
Oct. 24, 9am – 4pm / Fee: $80 / Section 19
Learn to teach the basic mat principles, proper alignment, execution, and breathing for the major Pilates moves. Learn coaching skills, cueing, planning, and implementing a quality group exercise class. Learn to integrate a foam roller, magic circles, and fitness ball with your favorite moves. Open to the public. For more information, contact danafoster@uni.edu.

Personal Trainer Certification
Informational meeting Sept. 9, 3pm, WRC 165
Training: Sept. 9 – Nov. 6 / Fee: $150 / Section 20
This eight-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques. Must commit to two semesters after completing the training program to personal train at the WRS.
PERSONAL TRAINING

by UNI Personal Trainers who will use their knowledge and expertise to get you motivated towards your health and wellness goals. Combine this with a variety of exercise techniques, from TRX training to cardiovascular programming, and we can steer you on the right path to success! No matter your fitness level, physical activity can be fun and beneficial for you!

What is personal training?
It is a result-driven exercise program designed specifically for you. Certified personal trainers will assist you in goal setting, fitness assessments, tailored workouts, equipment use, motivation techniques, and exercise adherence! Let the Personal Trainers assist you in feeling better, moving better, and gaining more energy to enhance your quality of life. Fitness assessments also available and can be purchased independently or together with personal training sessions.

Who is it for?
• Individuals of any age (18 and older) or fitness level
• You must be a current UNI student, Faculty/Staff, Retiree or immediate family member
• People who need programs tailored toward their specific needs and goals
• Individuals who desire accountability, positive feedback, and attention

What does it cost?
Select from several packages based on your available time, needs, and goals. Packages include one to 40 sessions, each meeting 30-60 minutes. See our website or contact dana.foster@uni.edu for more info.

How do I get started?
Contact dana.foster@uni.edu, call (319) 273-5859, or visit our website at www.uni.edu/recreation/personal_training.

Questions? Contact me!
Dana Foster,
Instructional Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu
www.uni.edu/recreation/personal_training

WORKOUT FACILITIES

Health Beat can be found on the ground level of the Maucker Union to the north of food court in the tunnel connection the Maucker Union and Lang Hall. While the WRC fitness center is closed during academic hours, the Health Beat is open throughout the weekday for your convenience. The free weight room and WRC fitness area are also open throughout the year. Please join us! WRC summer and interim break hours differ from those listed below; check the Recreation Services website for those hours (www.uni.edu/recreation/hours).

WRC FITNESS AREA

Monday-Thursday
6am - 8am
12pm - 1pm
3pm - 11pm
Friday
6am - 8pm
Saturday
8am - 6pm
Sunday
1pm - 11pm

Facility Features
• Magnum strength training equipment
• Dumbbells
• Precor
• Life Fitness
• Free Motion
• Octane
• Sci Fit
• Recumbent and upright bikes
• Expesso bikes
• AMT’s
• Elliptical machines
• Cross trainers
• Treadmills
• Rowers

HEALTH BEAT

Monday-Thursday
6:30am - 6:30pm
Friday
11am - 2pm

Facility Features
• Magnum strength training machines
• Precor
• Life Fitness
• Sci Fit
• Recumbent and upright bikes
• Steppers
• Elliptical machines
• Cross trainers
• Treadmills
• Rovers
• AMT’s

FREE WEIGHT ROOM

Monday-Friday
6am - 8am
Monday-Thursday
12pm - 10pm
Friday
12pm - 5pm
Saturday
1pm - 6pm
Sunday
3pm - 10pm

Facility Features
• Squat racks
• Power lift platforms
• Cybex strength training equipment
• Dumbbells
• Benches

Located in the tunnel connection between the Maucker Union and Lang Hall. Currently open during academic hours. Check the Recreation Services website for summer and interim break hours.

Questions? Contact me!
Kristy Leen,
Personal Fitness Coordinator
(319) 273-7167
kristy.leen@uni.edu
www.uni.edu/recreation/wrs_facilities#fitness_area

GET TRAINED

Questions? Contact me!
Kristy Leen,
Personal Fitness Coordinator
(319) 273-7167
kristy.leen@uni.edu
www.uni.edu/recreation/wrs_facilities#fitness_area

HEALTH BEAT

LOCKER SERVICE: FULL SIZE LOCKER
Full Year
$50
Fall
$25
Spring
$25
Summer
$25

LOCKER SERVICE: HALF SIZE LOCKER
Full Year
$30
Fall
$15
Spring
$15
Summer
$10

TOWEL SERVICE
Full Year
$30
Fall
$15
Spring
$15
Summer
$10

GET TRAINED

Questions? Contact me!
Kristy Leen,
Personal Fitness Coordinator
(319) 273-7167
kristy.leen@uni.edu
www.uni.edu/recreation/wrs_facilities#fitness_area
COMMUNITY CLIMBING
Unlike other areas of the WRC, the climbing wall is available for use by the general community. If you have questions about community climbing, please contact Tim Klatt at timothy.klatt@uni.edu or at (319) 273-7120.

CLIMBING WALL HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday - Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>4pm - 10pm</td>
<td>4pm - 8pm</td>
<td>1pm - 5pm</td>
<td>7pm - 10pm</td>
</tr>
</tbody>
</table>

UNI OUTDOORS OFFICE HOURS

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday and Friday</th>
<th>Tuesday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>9am - 5pm</td>
<td>12pm - 6pm</td>
</tr>
</tbody>
</table>

OUTDOOR EQUIPMENT RENTAL
We have awesome equipment available to rent for all of your outdoor fun! Note: The asterisk (*) indicates university prices.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canoe</td>
<td>Canoe, Paddles, PFDs, Car Top Carrier</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Canoe Trailer</td>
<td>6 and 8 Rack</td>
<td>$40*/60</td>
<td>$80*/100</td>
<td>$120*/150</td>
</tr>
<tr>
<td>Whitewater Kayak Package</td>
<td>Kayak, Spray Skirt, PFD, Paddle, Helmet</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Sit-On-Top Kayaks</td>
<td>Kayak, Paddle, PFD</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Paddleboards</td>
<td>Stand-Up Paddleboard, Paddle, PFD</td>
<td>$20*/30</td>
<td>$35*/50</td>
<td>$70*/85</td>
</tr>
<tr>
<td>2-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Mountain Hardwear</td>
<td>$10*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$7*/15</td>
<td>$12*/20</td>
<td>$22*/33</td>
</tr>
<tr>
<td>4-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$8*/18</td>
<td>$13*/23</td>
<td>$23*/35</td>
</tr>
<tr>
<td>5-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$10*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>Dry Bags</td>
<td>Waterproof River Pack</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Backpack</td>
<td>Lowe Alpine / Deuter Internal</td>
<td>$7*/12</td>
<td>$12*/20</td>
<td>$24*/30</td>
</tr>
<tr>
<td>Sleeping Bags</td>
<td>Mountain Hardwear 0° / Marmot 0°</td>
<td>$5*/10</td>
<td>$10*/16</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>Ridgeline Foam</td>
<td>$2*/6</td>
<td>$3*/7</td>
<td>$6*/12</td>
</tr>
<tr>
<td>1-Burner Stove</td>
<td>Coleman / MSR</td>
<td>$3*/6</td>
<td>$6*/12</td>
<td>$16*/20</td>
</tr>
<tr>
<td>2-Burner Stove</td>
<td>Coleman</td>
<td>$5*/10</td>
<td>$10*/20</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Snowshoes</td>
<td>Atlas</td>
<td>$5*/10</td>
<td>$10*/16</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Cross-Country Skis</td>
<td>Various Types</td>
<td>$10*/12</td>
<td>$15*/20</td>
<td>$20*/30</td>
</tr>
</tbody>
</table>

BIKE MAINTENANCE
The UNI Outdoors office provides a variety of bicycle tune-ups and basic repairs. A workstand and shop tools are available for use during office hours for those who have attended a maintenance clinic. For your convenience, we have a free air pump available for use in our office.

Fix-A-Flat   $20
Replace Tire $10 + tire and tube cost

Questions? Contact me!
Andy Martin,
Outdoor Recreation Coordinator
(319) 273-7164
andrew.martin@uni.edu
www.uni.edu/recreation/
outdoor_recreation

Canoe
Canoe Trailer
Whitewater Kayak Package
Sit-On-Top Kayaks
Paddleboards
2-Person Tent
3-Person Tent
3-Person Tent
4-Person Tent
5-Person Tent
Dry Bags
Backpack
Sleeping Bags
Sleeping Pad
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Cross-Country Skis

Canoe, Paddles, PFDs, Car Top Carrier
6 and 8 Rack
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Mountain Hardwear 0° / Marmot 0°
Ridgeline Foam
Coleman / MSR
Coleman
Atlas
Various Types

$15*/25   $25*/40   $50*/70
$40*/60   $80*/100  $120*/150
$15*/25   $25*/40   $50*/70
$15*/25   $25*/40   $50*/70
$20*/30   $35*/50   $70*/85
$5*/10    $10*/15   $20*/30
$10*/20   $15*/25   $25*/40
$7*/15    $12*/20   $22*/33
$8*/18    $13*/23   $23*/35
$10*/20   $15*/25   $25*/40
$5*/10    $10*/15   $20*/30
$10*/15   $15*/25   $25*/40
$5*/10    $10*/15   $20*/30
$10*/12   $15*/20   $20*/30
$5*/10    $10*/16   $20*/30
$10*/12   $15*/20   $20*/30
$2*/5     $3*/6     $6*/12
$3*/6     $6*/12    $16*/20
$5*/10    $10*/20   $20*/30
$5*/10    $10*/16   $20*/30
$10*/12   $15*/20   $20*/30

$25*/40   $80*/100  $120*/150
$25*/40   $80*/100  $120*/150
$35*/50   $70*/85   $100*/150
$10*/15   $20*/30   $35*/50
$20*/30   $40*/60   $80*/100
$15*/25   $30*/50   $60*/100
$10*/15   $20*/30   $30*/50
$12*/20   $24*/30   $40*/60
$16*/20   $30*/50   $60*/100
$20*/30   $40*/60   $80*/100
$15*/25   $30*/50   $60*/100
$10*/15   $20*/30   $30*/50
$10*/15   $20*/30   $30*/50
**GRAND ADVENTURES**

**Galápagos Adventure, ECUADOR**

**Galápagos Adventure**  
**Location:** Galápagos National Park  
**Date:** May 20 – 27, 2016  
**Pre-Trip Meeting:** March 7 at 6pm  
**Limit:** 14  
**Cost:** Student $3,300, University $3,350, Guest $3,400  
*Price does not include airfare to Quito, Ecuador*

A trip to the Galápagos Islands will be the journey of your lifetime! Located 600 miles from the Ecuadorian mainland, the Galápagos Islands amaze the senses with huge biological diversity both terrestrially and aquatically. Isolated for thousands of years, some of the most unusual species in the world evolved here, including giant tortoises, marine iguanas, blue-footed boobies, and the world’s only equatorial penguins. The Islands comprise the Galápagos National Park and were recently named a World Heritage Site. Nearly all uninhabited, these islands can only be visited with a certified naturalist guide. With UNI Outdoors you will experience the Islands by hiking and snorkeling in the clear water surrounding them. This is best accomplished by living aboard a small, motor-powered ship so that we can transfer from one site to another quickly and, in some cases, while we are sleeping. Included are three nights in Quito, airfare from Quito to Galápagos, four nights and five days of lodging/meals on a charter boat, Galápagos activities, a national park fee, and a certified naturalist guide.

**Informational Meeting for the Galápagos Adventure**  
**Location:** WRC 174  
**Dates:** Sept. 14, Oct. 6, Dec. 1 at 6pm

Join UNI Outdoors for information regarding our Galápagos Adventure. During this presentation we will show pictures of the region, highlight our itinerary, and answer any questions you might have about our journey. No commitment necessary to attend this presentation, but we invite you to be part of our adventure!

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**DEVIL’S LAKE CLIMBING**

**Location:** Baraboo, WI  
**Date:** Sept. 11 - 13  
**Pre-Trip Meeting:** Sept. 3 at 5pm  
**Cost:** Student $80, University $90, Guest $100  
*Friday afternoon departure*

Elevate your sense of adventure to new heights while suspended 500 feet above Devil’s Lake. You will discover the awesome beauty and wonder of the Baraboo Range while climbing on 1.5 billion year old, bulletproof quartzite often referred as the best in the Midwest. Suspend your disbelief in preparation for this stunning world class quartzite boasting more than 1,700 routes. All levels of climbing experience are welcome and encouraged.

**WOMEN’S CLIMBING**

**Location:** North Shore, MN  
**Date:** Sept. 25 - 27  
**Pre-Trip Meeting:** Sept. 21 at 5pm  
**Cost:** Student $80, University $90, Guest $100  
*Friday afternoon departure*

Join the women at UNI Outdoors as we head north for some spectacular outdoor climbing! The trip will head to Minnesota’s North Shore where we will climb at the Mystical Mountain Zone and take on climbs up to 130 feet tall on gritty anorthosite rock. We will then head to the scenic Shovel Point where we will climb the towering cliffs over Lake Superior. This trip will be a fantastic opportunity to explore the wild North Shore. Ladies, you do not want to miss this!
those willing to walk a different path. Imagine hiking into the Grand Canyon, overlooking Lake Superior, peering up at Mount Everest, cross-country skiing through a wooded forest, or canoeing down a scenic river. Through UNI Outdoors, you can do any of these activities and more! We can provide you with fun and educational experiences that you will remember for the rest of your life. No experience is necessary, so sign up today!

**Location:** Current River, MO  
**Date:** Oct. 10 - 11  
**Pre-Trip Meeting:** Oct. 5  
**Cost:** Student $45, University $50, Guest $55  
*Thursday afternoon departure*

Come and join us for a long weekend as we explore the Current River, Missouri’s largest spring-fed river that lies in the heart of the Ozarks. We will be canoeing nearly 30 miles of crystal clear, easy-moving water and exploring spring-fed caves by canoe and on foot. UNI Outdoors will provide all of the canoeing and camping gear; all you need is personal gear and your sense of adventure!

**Location:** Badlands National Park, SD  
**Date:** Sept. 24 - 27  
**Pre-Trip Meeting:** Sept. 16  
**Cost:** Student $125, University $135, Guest $145  
*Thursday afternoon departure*

Join UNI Outdoors as we spend a long weekend in South Dakota’s Badlands National Park! The Badlands’ rugged beauty draws visitors from around the world and should not be missed. During this adventure, we will spend our nights at one of the park’s campgrounds while spending our days exploring many of the unique day hiking opportunities. Time permitting, we might even visit the Minuteman Missile National Historic Site. All skill levels welcome!

**Location:** Pictured Rocks, MI  
**Date:** Oct. 1 - 4  
**Pre-Trip Meeting:** Sept. 23 at 5pm  
**Cost:** Student $125, University $135, Guest $145  
*Thursday afternoon departure*

Sandstone cliffs, beaches, waterfalls, and shorelines beckon you to visit Pictured Rocks National Lakeshore. The lakeshore hugs Lake Superior and rewards hikers with exhilarating views and opportunities for personal challenge. Lake Superior is the largest, deepest, coldest, and most pristine of all the Great Lakes. All skill levels welcome.

**Location:** Yellow River State Forest, IA  
**Date:** Oct. 10 - 11  
**Pre-Trip Meeting:** Oct. 5  
**Cost:** Student $45, University $50, Guest $55

Take an introductory backpacking trip, Iowa style! Come enjoy the beautiful fall colors with this adventurous outdoor skills excursion. This trip is great for beginners, as the terrain is moderate. No experience is necessary.
Fall UNI Outdoors
Office Hours
Monday & Friday:
9am - 5pm
Tuesday - Thursday:
12pm - 5pm

Fall Climbing Wall Hours
Monday - Thursday:
4pm - 10pm
Friday: 4pm - 8pm
Saturday: 1pm - 5pm
Sunday: 7pm - 10pm

The staff at UNI Outdoors is dedicated to making all programs enjoyable, safe, and environmentally friendly for all adventure trip participants. We strive to educate our fellow students on the importance of being a positive steward of the natural environment.

Galápagos ship photo courtesy of GalapagosIslands.com. Wilderness First Aid photo courtesy of the National Outdoor Leadership School. All other photos courtesy of UNI Outdoors.

Questions?
Contact me!

Andy Martin,
Outdoor Recreation Coordinator
(319) 273-7164
andrew.martin@uni.edu
www.uni.edu/recreation/outdoor_recreation

CLIMBING

Location: Horseshoe Canyon Ranch, AR
Date: Oct. 22 - 25
Pre-Trip Meeting: Oct. 14 at 5pm
Cost: Student $110, University $120, Guest $130
*Thursday afternoon departure

Come with us to the one-of-a-kind Horseshoe Canyon Ranch, nestled in the beautiful Ozark Mountains of Northern Arkansas! Horseshoe Canyon has over 300 climbing routes along with some world-class bouldering. On top of the superb climbing, you will also have a unique experience with the horses, goats, and potbelly pigs that roam free. Don’t forget to bring your discs for disc golf! All skill levels welcome.

CELERAR RIVER CANOEING

Location: Cedar Falls, IA
Date: Nov. 1
Pre-Trip Meeting: None
Cost: Student $15, University $20, Guest $25

Come out and experience one of the hidden gems of the Cedar Valley. The scenic Cedar River canoe trip will be a low-key float trip down the river. We will be paddling 12 miles from Janesville to Cedar Falls, showing some of the most beautiful views of the area along the way. All you need is an adventurous spirit and a light lunch; we will cover the rest. All skill levels welcome.

HA/ASUPAI BACKPACKING

Location: Grand Canyon, AZ
Date: Nov. 22 - 29
Pre-Trip Meeting: Nov. 10 at 5pm
Cost: Student $600, University $625, Guest $675

Investigate the riches of the Grand Canyon’s western edge. We will spend a week backpacking around magnificent canyons, spectacular waterfalls, and views worthy of a postcard. Although Havasupai is not located Grand Canyon National Park, the beauty of the area is sure to amaze. Fitness level should be good for this adventure. No experience necessary.

BLACK HILLS CAVING

Location: Keystone, SD
Date: Nov. 5 - 8
Pre-Trip Meeting: Oct. 28 at 5pm
Cost: Student $125, University $135, Guest $145
*Thursday afternoon departure

If you think exploring caves and snowshoeing (pending snow) in the backcountry sound exciting, then you’re in luck! Come and join us as we take an up-close look at the beautiful Black Hills of South Dakota. Along with this underground adventure, we will also be visiting the famed Mt. Rushmore. No experience is necessary, but make sure to bring clothes that you don’t mind getting dirty.

BACKPACKING THE BIG DITCH

Location: Grand Canyon, AZ
Date: Nov. 22 - 29
Pre-Trip Meeting: Nov. 9 at 5pm
Cost: Student $500, University $525, Guest $575

Explore one of the natural wonders of the world. Spend three nights and four days in spectacular Grand Canyon National Park. We will backpack deep into the Colorado River Gorge during this Thanksgiving Break adventure in addition to seeing great sights along the way. Fitness level should be good for this adventure. No experience necessary.

UPPER IOWA RIVER CANOEING

Location: Decorah, IA
Date: Oct. 31
Pre-Trip Meeting: None
Cost: Student $25, University $30, Guest $35

Spend the day paddling the wild Upper Iowa River. During this 12-mile excursion, you will experience breathtaking scenery of the magnificent bluffs of northeast Iowa while traveling through a beautiful and scenic waterway. You provide the company, we’ll supply the gear. Please come prepared with a quick lunch.
Outdoor Skills Clinic
Location: WRC 174
Date: Nov. 4 at 5pm
Cost: $10

Interested in learning the basics of conquering the great outdoors? Join our wilderness experts to learn how to set up tents, light camping stoves, start fires, and gain many other skills that will suit your outdoor needs.

Belay Clinics
Dates: Second and fourth Monday of every month; first and third Tuesday of every month
Time: 7pm - 10pm
Location: WRC 174 & Climbing Wall
Cost: University $15, Guest $25

Learn about climbing gear, safety, and the basics of belaying at UNI’s climbing wall. This hands-on clinic is designed to teach you what you need to know to become belay certified at the UNI climbing wall. This clinic covers proper belay technique and the use of knots, belay devices, and other safety equipment. Additional times can be arranged for groups of six to twelve people.

Climbing Instructional Clinic
Location: WRC 174
Date: Sept. 2 at 5pm
Cost: $10

The climbing skills clinic is designed for all skill levels. Whether you are just getting into the sport or working on breaking into the advanced 5.12 climbs, we have something for you.

Kayak Skills & Roll Clinic
Location: WRC 174
Date: Oct. 7 and 14 at 5pm, and Oct. 8 and 15 at 5pm
Cost: $15

In this two-part clinic you will learn both introductory and advanced skills, whether you need them to float down a river on a leisurely paddle or go down the craziest rapids. Skills that will be covered include stability, strokes, braces, sculling, and the famous kayak roll.

Other Info
Trip/Clinic Registration
Trip registrations take place in the UNI Outdoors office, WRC 174, during office hours. Trips are open on a first-come, first-served basis. Trip equipment and transportation are provided unless otherwise indicated. If you have any questions or need additional information, call (319) 273-7163. Late cancellation policies apply.

UNI Outdoors’ Goal from Coordinator Andrew Martin
“The goal of UNI Outdoors is to provide outdoor and educational opportunities to the collegiate community. With recreational climbing, equipment rental, a resource library, adventure trips, and skills clinics, we hope to provide something for everyone.”

Getting Involved
Students interested in trips or in becoming more involved with our program should contact UNI Outdoors at (319) 273-7163. Very little, if any, previous experience is necessary for our outdoor recreation trips/programs. Anyone can enjoy the great outdoors and should take advantage of this outdoor resource. Let UNI Outdoors help you with your outdoor needs! For additional information, email andrew.martin@uni.edu or stoutja@uni.edu

Indoor Climbing Wall
One of the most popular features available to the UNI community is the climbing wall housed in the Wellness/Recreation Center. This is one of the largest indoor climbing walls in Iowa. Standing at 38.5 feet, this structure offers almost 3,000 square feet of climbing on 11 different ropes. There is also a bouldering section. The wall provides a great opportunity for developing fitness, strength, confidence, and climbing skills.

Equipment Rental
We have awesome equipment available to rent for all of your outdoor fun! See page 7 or visit www.uni.edu/recreation/outdoor_recreation for details.

Wilderness First Aid
Location: Wellness/Recreation Center, Cedar Falls
Date: January 23 - 25, 2016
Cost: $255

Fast-paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for those who travel in the outdoors. Whether spending time in the backcountry is your passion or your profession, you should never have to ask, “What do I do now?” In this course, you’ll learn how to prepare for the unexpected. Wilderness Medicine Institute’s curriculum is unique and includes many advanced topics that other programs don’t cover, such as dislocation reduction, focused spinal assessment, and epinephrine administration. In just two days, you’ll have the knowledge, skills, and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. WMI’s course is preapproved by organizations such as the American Camping Association, the United States Forest Service, and other governmental agencies. This course does not include CPR.

Skills Clinics
Have you ever wanted to learn a new adventure skill but never had the opportunity? Come join some of our outdoor skills experts and learn from a pro. We offer monthly clinics focusing on one of three skill sets including climbing, kayaking, and outdoor skills. We also offer climbing belay clinics weekly and lead climbing clinics by appointment. Dates and more information will be announced via our Facebook page (UNI Outdoors) by the second week of the fall 2015 semester.

Please sign up for outdoor skills clinics in the Outdoor Recreation Office (WRC 174) prior to the date of the clinic.

Climbing Instructional Clinic
Location: WRC 174
Date: Sept. 2 at 5pm
Cost: $10

The climbing skills clinic is designed for all skill levels. Whether you are just getting into the sport or working on breaking into the advanced 5.12 climbs, we have something for you.

Kayak Skills & Roll Clinic
Location: WRC 174
Date: Oct. 7 and 14 at 5pm, and Oct. 8 and 15 at 5pm
Cost: $15

In this two-part clinic you will learn both introductory and advanced skills, whether you need them to float down a river on a leisurely paddle or go down the craziest rapids. Skills that will be covered include stability, strokes, braces, sculling, and the famous kayak roll.

Outdoor Skills Clinic
Location: WRC 174
Date: Nov. 4 at 5pm
Cost: $10

Interested in learning the basics of conquering the great outdoors? Join our wilderness experts to learn how to set up tents, light camping stoves, start fires, and gain many other skills that will suit your outdoor needs.

Belay Clinics
Dates: Second and fourth Monday of every month; first and third Tuesday of every month
Time: 7pm - 10pm
Location: WRC 174 & Climbing Wall
Cost: University $15, Guest $25

Learn about climbing gear, safety, and the basics of belaying at UNI’s climbing wall. This hands-on clinic is designed to teach you what you need to know to become belay certified at the UNI climbing wall. This clinic covers proper belay technique and the use of knots, belay devices, and other safety equipment. Additional times can be arranged for groups of six to twelve people.

Trip Leaders

Other Info
PADDLING PANTHERS LESSON FEES

UNI Students, Staff, Faculty, and WRC Paid Users
One child $40/session
Two children $80/session
Three or more children $80 + half-off each additional child

UNI Alumni
One child $50/session
Two children $100/session
Three or more children $100 + half-off each additional child

PRIVATE LESSON FEES

UNI Students, Staff, Faculty, and WRC Paid Users
One child $15/session
Two children $23/session

UNI Alumni
One child $17/session
Two children $25/session

PANTHER MASTERS FEES

UNI Students, Faculty, Staff and WRC Paid Users
UNI Student $85
UNI Faculty/Staff and community members
2 practices/week $60
3 practices/week $85
4 practices/week $110
5 practices/week $135

ADULT SWIM LESSONS

UNI Student $40
Non-UNI Student $50

Note: All fees above apply per semester.

Paddling Panthers

Session 1
Saturdays
Sept. 19, 26
Oct. 3, 10, 24, 31
Nov. 7, 14
No lessons Oct. 17 due to UNI Homecoming

Session 2
Tuesdays and Thursdays
Oct. 20 - Nov. 12

Paddling Panthers swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are taught by American Red Cross-certified Water Safety Instructors. All sessions are comprised of eight lessons. All participants in this program will be assessed on the first day of class to ensure proper class level enrollment. Lessons are available to family members of UNI students, faculty, staff, and alumni. For online registration or swim level information, visit www.uni.edu/recreation/paddling_panthers.

The Masters Swim Club is set up to offer a best-in-class fitness swimming program in a safe and stimulating environment. It is open to UNI students, UNI faculty/staff, and Cedar Valley community members 18 years of age and older. Location: WRC Lap Pool, lanes 7 & 8.

Private Lessons

Private lessons may be taken at any skill level. These lessons are separate from group lessons, are offered any time the WRC is open for open rec hours, and are based on instructor availability. There is a one participant to one instructor ratio. Lessons are 30 minutes long. Students must be at least three years old to enroll. Please contact us at swimlessons@uni.edu for more information concerning private lessons.

LAP & LEISURE POOL HOURS

Lap Pool
Monday, Wednesday, Friday 6am - 7:50am
Monday - Friday* 11:30am - 1pm
Monday - Thursday** 5pm - 9pm
Friday 5pm - 7:30pm
Saturday*** 12pm - 5pm
Sunday 3pm - 8pm

Leisure Pool
Monday - Thursday 7pm - 10pm
Friday 5pm - 7:30pm
Saturday** 12pm - 5pm
Sunday 3pm - 8pm

* Pool shared with HPELS class until 12pm
** Pool shared with Panther Masters Club and Fitness Classes
*** Pools closed on Saturdays of home football games

Note: All fees above apply per semester.
Certification Classes

CPR

Basic Life Support for Healthcare Providers (CPR/AED)
Section 1
12:30pm - 6pm, Sunday, Nov. 1, WRC 150
$80 – UNI Student
$85 – Non-UNI Student
The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that individuals with a duty to respond (public safety professionals and healthcare providers) have the knowledge and skills to care for patients who are experiencing respiratory arrest, cardiac arrest, or airway obstruction.

Basic Life Support for Healthcare Providers (CPR/AED) – Review Section 2
5:30pm - 8:30pm, Tuesday, Nov. 10, WRC 150
$50 – UNI Student
$55 – Non-UNI Student
This certification is for those who have or had a current CPR/AED for the Professional Rescuer (or the equivalent) certificate within 30 days of this course and wish to renew. It is for individuals with a duty to respond and reviews the knowledge and skills needed to care for patients who are experiencing respiratory arrest, cardiac arrest, or airway obstruction.

Combo Class – Save $25!
Basic Life Support for Healthcare Providers (CPR/AED), First Aid, and Bloodborne Pathogens
Section 3
8:30am - 4pm, Saturday, Oct. 24, WRC 150
$125 – UNI Student
$140– Non-UNI Student
This course will combine Basic Life Support for Healthcare Providers (CPR/AED), First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission.

First Aid

Bloodborne Pathogens Training: Preventing Disease Transmission
Section 6
5pm - 8pm, Wednesday, Dec. 2, WRC 155
$70 – UNI Student
$75 – Non-UNI Student
The purpose of the American Red Cross Bloodborne Pathogens course is to train and provide individuals with an understanding of the intent of the Bloodborne Pathogens regulation issued by the Occupational Safety and Health Administration (OSHA). In addition, the following topics will be covered: how disease transmission occurs, diseases of greatest concern, precautions to prevent disease transmission, and steps to take if an exposure occurs.

First Aid

Section 7
5pm - 8pm, Monday, Oct. 12, WRC 150
$45 – UNI Student
$50 – Non-UNI Student
The purpose of the American Red Cross Community CPR class is to give individuals the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until advanced medical personnel arrive.

Community CPR (Adult, Child, and Infant CPR/AED)
Section 8
6pm - 9pm, Wednesday, Dec. 2, WRC 155
$45 – UNI Student
$50 – Non-UNI Student
The purpose of the American Red Cross First Aid course is to give individuals the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until advanced medical personnel arrive.

Aquatics

Lifeguard Training
Section 9
4pm - 10pm, Friday, Dec 4
8am - 8pm, Saturday, Dec. 5
8am - 6pm, Sunday, Dec. 6
WRC 150
$160 – UNI Student
$170 – Non-UNI Student
The American Red Cross Lifeguarding program provides students with skills to keep patrons of aquatic facilities safe in and around the water. This program includes training in First Aid and CPR/AED for the Professional Rescuer. Must be at least 16 years of age before the end of the course. Students must attend all three days to receive certification.

Water Safety Instructor
Section 10
4pm - 10pm, Friday, Dec 4
8am - 8pm, Saturday, Dec. 5
8am - 6pm, Sunday, Dec. 6
WRC 150
$170 – UNI Student
$180 – Non-UNI Student
The WSI course provides knowledge and skills necessary to teach swimming lessons and other water safety classes through understanding how to use course materials, how to conduct training sessions, and how to evaluate participant progress. Must be at least 16 years of age before the end of the course. Students must attend all three days to receive certification.

Registration

To register, visit www.uni.edu/recreation/certifications. Fees must be received online prior to class to complete registration. To receive a refund, you must drop the course at least one week prior to the course start date. No refunds will be given within one week of the course’s start date. Online processing fees will not be refunded. If a class becomes full, a waiting list will be available. If a student drops the class, individuals on the waiting list will be notified via email. All CPR/AED, Lifeguarding, and First Aid certifications are valid for two years from the completion date; bloodborne pathogens training is valid for one.

Questions? Contact me!
Rachel Cook, Aquatics & Certifications Coordinator
(319) 273-7263
rachel.cook@uni.edu
www.uni.edu/recreation/aquatics
ENGAGE

in the sport club program, which provides students an opportunity to participate in a common sport or activity by organizing and managing clubs according to interests. Through the formation, governance, and participation in sport club activities, you can develop co-curricular leadership and sport skills, experience competitive events, travel to other schools, and enjoy social interactions. Consider joining a club that interests you or getting a group together and creating a new one.

Join A Club

Participation in a UNI sport club is open to all students of the University of Northern Iowa. No minimum GPA or athletic skill level is required for participation. UNI Faculty/Staff can participate in sport clubs with limited eligibility requirements. For more information, please see the eligibility section of the 2012-2013 UNI Sport Club Handbook.

Current Clubs

Archery  Disc Golf  Men’s Volleyball  Triathlon
Baseball  Fencing  Panther Pacers Running  Women’s Soccer
Bowling  Hockey  Ski & Snowboard  Women’s Ultimate Frisbee
Capoeira  Men’s Rugby  Swimming  Women’s Volleyball
Climbing  Men’s Soccer  Tae Kwon Do
Cycling  Men’s Ultimate Frisbee  Tennis

Start a Club

Any student may form a new sport club if there is sufficient student interest/participation in the sport or physical activity. There are several factors to take into consideration when forming a new sport club such as gaining interest, start-up costs, practice location, etc. A sport club must have student officers and a UNI faculty/staff member as an advisor. You may begin the process of starting a new club by submitting a UNI sport club creator form and by setting up a meeting with the UNI sport club coordinator.

INTRAMURALS

COMPETE

in the intramural sports program! It really does have something for everyone with its wide variety of team, dual, and individual sports to meet your personal interests throughout the school year. Participating in intramurals is a great way to have fun, meet people, enjoy some competition, escape from academic demands, and exercise. We also provide great opportunities for leadership as intramural managers or paid student officials. We have women’s, men’s, and co-rec intramural sports. Choose from our extensive list and get involved today!

Fall 2015 Intramurals

Men’s Intramurals
Softball  Golf
7 on 7 Soccer  Racquetball
Flag Football  3 on 3 Basketball
Tennis  Volleyball

Women’s Intramurals
Softball  Racquetball
Flag Football  3 on 3 Basketball
Tennis  Volleyball
Golf  Tennis

Co-Rec Intramurals
Softball  Racquetball
7 on 7 Soccer  Volleyball
Flag Football  Tennis

Open Tournaments
Co-Rec Kickball
Spikeball
Co-Rec Canoe Battleship
Arena Ultimate Frisbee
ACTION-PACKED DAYS

with our programs are sure to be a blast. Recreation Services offers a variety of youth programs throughout the year, including sports camps, outdoor adventure camp, climbing camp, junior lifeguarding, and babysitter certification.

Camps

Our youth camps include one-day to week-long opportunities. Check the Recreation Services website for details and dates at www.uni.edu/recreation/youth_camps.

All-Sports Camp
Recreation Services hosts this all-sports camp over the course of the school year. Kids participate in flag football, table tennis, rock climbing, basketball, swimming, kickball, baseball/softball, dodgeball, pickleball, ultimate frisbee, and nutritional and environmental presentations! For ages 6-12.

Climbing Camp
Recreation Services is excited to offer our own climbing camp! Participants will learn skills and techniques in climbing, bouldering, and team building during this two-day camp, which is a great opportunity to practice communication, goal setting, and responsibility. No experience is necessary to participate. Spaces are limited and will be filled on a first come, first served basis. For ages 13-17. Please contact Joelle Rummel at rummelj@uni.edu for more information.

Babysitting Training
Jump-start your teen’s first job. Youth will become excellent babysitters by learning practical skills and confidence through hands-on activities, video presentations, and classroom discussions. Topics covered include responding to emergencies, good decision-making, and communication with parents. Babysitting training is designed for youth ages 11-14 years.

Outdoor Adventure Camp
Coming Summer 2016
UNI Recreation Services is proud to offer its outdoor adventure camp. During these three action-packed days, participants enjoy activities such as rock climbing, canoeing, kayaking, hiking, fire building, animal tracking and identification, and more. No experience is necessary; however, an adventurous spirit is required. For ages 9-12.

Junior Lifeguarding
Coming Summer 2016
This is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of Red Cross Lifeguarding courses. Objectives that will be covered include prevention of accidents, fitness, rescue responses, leadership, and professionalism. Junior Lifeguarding is designed for youth ages 11-14 years. To participate in Junior Lifeguarding, a swim pretest is required. The pretest consists of a 25-yard front crawl swim with proper breathing, treading water for one minute, and swimming 10 feet underwater.

Registration
To register for an intramural activity, go to www.uni.edu/recreation/intramural_sports or www.imleagues.com.

Manager/Paid Student Official Positions Open
If you are interested in being a manager or official for one of our intramural teams, please call or contact the Intramural Office in WRC 161.

Questions? Contact me!
Cindy Klatt,
Intramural Sports Coordinator
(319) 273-8528
cynthia.klatt@uni.edu
www.uni.edu/recreation/intramural_sports

Accomplished Rehabilitation Centers
1710 W. 1st St., Suite D
Cedar Falls, IA 50613
(319) 273-8988
The state-of-the-art Wellness/Recreation Center (WRC) offers you a wide range of drop-in recreation and fitness opportunities with its multi-purpose areas, racquetball courts, fitness areas, indoor track, free weight room, climbing wall, lap and leisure pools, saunas, and lounge areas with table tennis tables. Equipment is available to check out, rent, or purchase. Outdoor facilities include multipurpose play fields, tennis courts, and an all-weather competitive track.
OUR RECREATION SERVICES MISSION STATEMENT

The mission of Recreation Services is to enhance the personal, professional, and academic lives of university students, faculty, and staff through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus-wide initiatives. Recreation Services staff are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

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03/ Facility and Family Hours
04/ Fitness
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14/ Sport Clubs
15/ Youth Programs

A MESSAGE FROM THE DIRECTOR

UNI Recreation Services plays an important role in the lives of students, faculty, staff, and the UNI community. Recent research shows that students who frequent collegiate recreation centers improve time management skills, develop friendships, and have higher GPAs. Recreation Services strives to help the UNI community through programs which address one’s health, wellness, and recreation needs. We complete this through a comprehensive collegiate recreation program including: aquatics, certifications, fitness, intramurals, outdoor recreation, sport clubs, and youth programs. I hope that you find information about your desired programs in this publication. If you have questions, I urge you to reach out to one of our staff via phone, email, social media, or by stopping by the main office at WRC 101.

Christopher B. Denison, Ed.D.
Recreation Services Director
(319) 273-7160
christopher.denison@uni.edu
FACILITY AND FAMILY HOURS

Facility and family hours are posted in a number of locations including signage in the WRC and Health Beat, on the Recreation Services website, and on wallet cards that may be picked up in the WRC or Health Beat. See program pages for program-specific hours. Hours are subject to change by semester.

Activity & Racquetball Courts, Fitness Area & Indoor Track

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GUEST SPONSORSHIP

WRC Paid Users may bring community members to the WRC as guests (up to four guests per host). The cost of a day pass is $5 per guest, which the WRC Paid User may purchase at the WRC welcome desk via uBill charge or payroll deduction.

ALUMNI SERVICES

UNI alumni are eligible to pay the WRC user fee for access to the WRC and Health Beat (in Maucker Union). UNI alumni may purchase one day passes, a six day-pass punch card, or pay the annual fee. For an additional fee, other programs and services are available. If you have any questions regarding Alumni Services, please call us at (319) 273-6275 or check our website at www.uni.edu/recreation.

COMMUNITY SERVICES

UNI’s WRC supports the academic programs of the School of Health, Physical Education and Leisure Services (SPFELS) and meets the recreational needs of students who pay a mandatory recreation fee. The facility has a very high rate of use and is challenged to meet all of the current on-campus demand, making it impractical to expand access to the general public. However, Recreation Services is able to offer certain opportunities for community members in the Cedar Valley to use the WRC through specific programs:

- Community Climbing
- Facility Rental for private events
- Masters Swim Club
- Noon Basketball Association
- Outdoor Recreation Equipment Rental
- WRC Guest Pass Options
- Youth Camps/Clincs

Check with the Recreation Services Office at (319) 273-6275 for details or our website at www.uni.edu/recreation.

RS GIVING FOUNDATION

You can help make a difference in a student’s UNI experience. Tax-deductible donations to Recreation Services help student employees attend professional conferences, gain specialized certifications in their field of study, support tuition and fees, and allow for program/facility upgrades. Please contact Dr. Christopher Denison (Director, Recreation Services) or Tim Klatt (Associate Director, Recreation Services) if you have questions about the giving program.

STUDENT EMPLOYMENT

Recreation Services employs approximately 280 students in a variety of positions supporting general recreation, aquatics and certifications, fitness, intramurals, outdoor recreation, and youth programs. We urge you to learn more about student employment by visiting the UNI Job Board, the Recreation Services webpage, or by stopping by the main office.

WRC Towel Service

WRC towel service may be purchased at the WRC welcome desk or at the Recreation Services office. Purchase options are available for the summer, per semester, or for the year. Check our website or with the office for prices.

Questions? Contact me!
Joelle Rummel, Facilities, Sport Clubs, and Youth Programs Coordinator (319) 273-3972 rummelj@uni.edu www.uni.edu/recreation/reserve

MEMBERSHIP INFORMATION

Questions? Contact me!
Timothy Klatt, Associate Director, Recreation (319) 273-7120 timothy.klatt@uni.edu www.uni.edu/recreation/reserve

Use of the Wellness/Recreation Center (WRC) plus satellite facilities that offer programs and services provided by Recreation Services are available during scheduled recreation hours to the following recognized university personnel:

- Currently enrolled students and their spouses.
- Hawkeye Community College students living on campus in the Residence Halls.
- Faculty/staff, retirees, alumni and their spouses.
- A student not enrolled in summer classes, a university-sponsored visiting professor/artist, or a student from another college in town during the summer or interim periods.

Check with the Recreation Services office for WRC pass options and costs or prices. If there is an accommodation you need in order to participate in a Recreation Services program or activity, please contact WRC 101 at (319) 273-6275.

User Fees

Check our website for current WRC User Fees: www.uni.edu/recreation/user_fees.

How to Join

Eligible users may register for an annual pass, towel service, and other recreation programs/services via online registration links on our website (www.uni.edu/recreation) or by stopping by the Recreation Services office in WRC 101.

WRC Towel Service

WRC towel service may be purchased at the WRC welcome desk or at the Recreation Services office. Purchase options are available for the summer, per semester, or for the year. Check our website or with the office for prices.
MOTIVATE yourself by participating in a group setting in one of our fitness and leisure classes. You won't find a more varied class selection anywhere! No matter your fitness level or physical abilities, we have classes on land and in water to develop your flexibility, balance, cardio and muscular strength, and more. In addition, our wide selection of dance and other skill classes prepare you to have fun in your social and leisure life.

**NEW! FIT CLASS PASS**
Pay one fee and attend any class (excluding TRX and Fit Club). Please bring a towel and clean, non-marking shoes. Pay by U-Bill, payroll deduct, credit card, or cash. Classes held Jan. 19 – Apr. 29. Register online or in WRC 101 beginning Dec. 14. No classes during spring break (Mar. 14 – 18). Classes with low attendance after Feb. 15 may be canceled. No refunds. Section 1.

### PRICES

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<th>Students</th>
<th>Employees</th>
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<td><strong>Fit Class Pass</strong></td>
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### Strength & Tone

**Total Sculpt and Tone**
50 mins. 12:05pm, TTH, WRC 176
Use weights, bands, bar, stability balls, medicine balls, and the body’s own resistance. Shape up your core and redefine your muscles.

**NEW! Butts & Guts**
30 mins. 7:30am, MW, WRC 85 3:30pm, MW, WRC 87 4:30pm, TTH, WRC 87 6:15pm, MW, WRC 86
This strength and toning class focuses on your best assets. Shape and sculpt your body with exercises targeting your hips, glutes, inner/outer thighs, and core! This class is a perfect addition to any exercise routine.

**NEW! Circuit City**
45 mins. 5:30pm, MW, Health Beat
This circuit style class focuses on functional integrated exercises to strengthen your body as an entire unit instead of muscle by muscle. Use machines, free weights and body weight for a full-body workout. Conveniently located in Maucker Union. Locker rooms are available. Class limited to 10.

**NEW! TRX Circuit**
45 mins. 5:10 pm, TTH, WRC 87
A fast-paced circuit designed to hit every class format so you never get bored! This class takes you through interval training using TRX bands with cardio, indoor cycling bikes, kettlebells, and more! It’s a great way to try out the TRX bands for strength benefits and enjoy the variety of cardio options in each class. Included in Fit Class Pass.

**TRX (Total Body Resistance)**
50 mins.

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<th>Price Per Session</th>
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<td><strong>Affiliates</strong> $45</td>
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- **7-Week Sessions**
  - **Session One** Jan. 20 – Mar. 7
  - **Session Two** Mar. 21 – May 4

**NEW! Pilates Core Challenge**
50 mins. 5:10pm, TTH, WRC 176 8:30pm, MW, WRC 87
Discover your body in a whole new way. Using a variety of equipment, the certified instructor will coach you through a complete core workout that will strengthen, stretch and tighten the abdominal, butt, arms, and back. Feel the burn but enjoy the stress-free environment.

**NEW! Pilates Express**
30 mins. 12:15pm, MW, WRC 87
This class will give you a quick effective core workout that tightens your abs, butt, and core and leaves you feeling stretched and relaxed. A certified Pilates instructor will teach you how to utilize the Magic Circle, foam roller, and Pilates ball for a perfect workout. This class is a great way to spend your lunch time! Sign up today — you don’t want to miss this great core workout!

### Mind & Body

**NEW! Yoga Synergy**
50 mins.
- **12:05pm**, MW, WRC 176 3:30pm, TTH, WRC 176 5:30pm, MW, WRC 176 7:30pm, TTH, WRC 87 6pm, Sun, WRC 176* *6pm class begins Jan. 24 A deep, restorative approach to the practice of yoga. This class offers strengthening, flowing poses linked to your breathing to release stress and tension throughout the entire body, leaving you feeling more energized, motivated, and serene.

**Yoga Complete**
75 mins.
8:30pm, MW, WRC 176
This class complements your regular yoga practice by adding more time to push your strength and flexibility to new heights through dynamic flow, static holds, and core conditioning. The session ends with meditation.

### Cardio

**Cardio HITT**
50 mins.
- **6:30am**, TTH, WRC 176 4:15pm, MW, WRC 178
High Intensity Interval Training (HIIT) is an interval-based training technique that uses short, intense cardio bursts with recovery periods for a fat-burning, cardio-blasting, and strength-building workout. It’s only 50 minutes, but this class is powerful and engaging!

**Cycle Blast**
50 mins.
- **6:30am**, MW, WRC 85 7:30pm, TTH, WRC 85 4:10pm, MW, WRC 85
Experience a ride full of hills, sprints, and endurance intervals with energizing music and a motivating instructor. Cycle Blast will enhance your strength, stamina, and improve your overall physical health regardless of your fitness level! Towel and water bottle required.

**Zumba®**
50 mins.
- **6:30pm**, MW, WRC 85 7pm, TTH, WRC 85
Bring your energy and dance away your worries. Zumba® uses unique Latin-based moves and combinations that allow you to add spice and flair to your complete body workout! No dance experience required.

**Zumba® Tone**
50 mins.
9pm, MW, WRC 85
Enjoy Zumba® movements, rhythm, and coordination while toning arms, core, and lower body. Lightweight Zumba® toning sticks give your muscles a good challenge while you enjoy the music and energy of each class.

**Cycle and Core**
50 mins.
- **5:05pm**, TTH, WRC 85 6:05pm, TTH, WRC 85
Get 25 minutes of cycling and 25 minutes of core training in this two-for-one
workout. Use a variety of equipment for toning to ensure a challenging, never boring, get-lean workout. Instructor will utilize TRX bands, BOSU balls, stability balls, and more for functional training at its best!

**NEW! The Bachelor Ride**
90 mins.
6-9 minutes with the use of free weights, resistance bands and body weight. This is an addictive workout combining shadow boxing, kickboxing, sports drills, and sparring in a party atmosphere. This is an interval-based workout that will give you both cardio conditioning and full body toning! For all levels, this class is fun, exciting, and empowering.

**NEW! Jazercise®**
50 mins.
4:15pm, MW, WRC 87
Jazercise is a pulse-pounding, beat-pumping, body-blasting fitness program that gets you results… fast! It’s a high intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing. Burn up to 900 calories per hour in our classes. Join us to experience the new Jazercise!

**NEW! Jazercise® Express**
30 mins.
12:15pm, THH, WRC 87
Take a 30-minute break over your lunch hour with this class. Jazercise uses body-blasting music mixes and fuses in cardio, strength, Pilates, hip hop and kickboxing to get a quick but effective workout.

**30/30/30**
90 mins.
6pm, THH, WRC 176
An effective combination of cardio, strength, and core exercises for a TOTAL body workout. Every muscle is engaged through 30 minutes of CARDIO, 30 minutes of STRENGTH, and 30 minutes of CORE. Various equipment is used to ensure a great workout!

**FREE! Move-A-Palooza!**
120 mins., 3pm, Apr. 8
WRC 85, 87, 176
Enjoy a couple hours of blacklight Zumba®, yoga, Pilates, and Nia dance with all your friends. This first-time event is free and will give you a chance to experience a lot of movement by dancing, stretching, and relaxing. Get your move on and enjoy your favorite class, try a new one! No registration is required. Be sure to bring water and comfy clothing.

**Water**

**NEW! Hydro-Fit**
50 mins.
12:05pm, MW, Leisure Pool
11:45am, F, Leisure Pool
This class is a great calorie-burning, cardiovascular workout with the added bonus of moving in water and having low impact on joints.

**Aqua Zumba®**
50 mins.
5:30pm, MW
Leisure Pool
Add spice to your regularwater workout by diving into Aqua Zumba! This class combines energizing music with unique moves and combos. It’s a complete workout without high impact on your joints.

**Special Event**

**FAC Friday**
50 mins.
3:15pm, F, WRC 85
It’s time to find the WRC on Fridays. End your busy week or start your weekend with friends at the WRC instead of at the Hill. Workout options may include cycling, kickboxing, yoga, and cardio HIIT. See website for schedule.

**BECOME A FITNESS INSTRUCTOR**

During the fall and spring semesters, our Recreation Services department offers the following instructor certifications. Take your passion for fitness a step further and become an instructor!

**Group Exercise Instructor Certification**

Informational meeting Jan. 29, 1pm, WRC 204
Training: Fridays, Feb. 5 – Apr. 22, 1pm – 4pm, WRC 204
Fee: $120 / Section 3

Learn how to lead a kickboxing, interval training, boot camp, strength conditioning, and TRX strength training group exercise class. Participants must be current UNI students and commit to teaching at least three semesters after training is complete.

**Aquatic Instructor Certification**

Training: Begins Feb. 5
Fee: $75 / Section 8

Learn to teach group aquatic exercise classes. Learn shallow and deep water formats and strength training in the water. Lifeguard certification required as well as two semesters of teaching at UNI WRC after completion of the course. Participants must be current UNI students. For the location and time of the class, contact dana.foster@uni.edu.

**Yoga Instructor Certification**

Training: Jan. 13, 10am – 5pm, and Jan. 14, 11am – 4pm, WRC 87
Fee: $150 / Section 9

This informative workshop gives you the tools to create vinyasa yoga classes. The training includes physical execution, pose breakdowns, transitions, and leadership skills with emphasis on effectiveness and safety. If you are interested in teaching yoga, this training is a good place to start. Certification awarded upon successful completion. Open to the public.

**Indoor Cycling Instructor Certification**

Feb. 29, 9am – 4pm, WRC 85
Fee: $80 / Section 10

You will learn how to design a class format, instructor cueing, proper set up, and safety precaution on the bikes. You will also practice interval training, jumps, hills, sprints, and use of music to motivate. Certification awarded upon successful completion. Open to the public.

**Mat Pilates Instructor Certification**

Apr. 2, 9am – 3pm, and Apr. 3, 12 – 4pm, WRC 87
Fee: $150 / Section 11

Learn to teach the basic mat principles, execution, breathing, and proper alignment for the major Pilates moves. Learn coaching skills, cueing, planning, and implementing a quality group exercise class. Learn to integrate a foam roller, magic circles, and fitness ball with your favorite moves. Certification awarded upon successful completion. Open to the public. Before registering, contact dana.foster@uni.edu.

**Personal Trainer Certification**

Informational meeting: Jan. 27, 3:15pm, WRC 155
Training: Jan. 27 – Apr. 15
Mondays and Wednesdays, 3:15pm – 4pm
Fridays, 3pm – 4:30pm
Fee: $120 / Section 12

This eight-week, intensive class covers exercise physiology, anatomy, biomechanics, hands-on practical training, exercise programming, motivation, and coaching techniques. Must commit to two semesters after completing the training program to personal train at UNI Recreation Services.
GET TRAINED

PERSONAL TRAINING

by UNI Personal Trainers who will use their knowledge and expertise to get you motivated towards your health and wellness goals. Combine this with a variety of exercise techniques, from TRX training to cardiovascular programming, and we can steer you on the right path to success! No matter your fitness level, physical activity can be fun and beneficial for you!

What is personal training? Personal training is a result-driven exercise program designed specifically for you. Certified personal trainers will assist you in goal setting, fitness assessments, tailored workouts, equipment use, motivation techniques, and exercise adherence! Let our Personal Trainers assist you in feeling better, moving better, and in gaining more energy to enhance your quality of life. Fitness assessments are also available and can be purchased independently or together with personal training sessions.

Who is it for?
- Individuals of any age (18 and older) or fitness level
- You must be a current UNI student, faculty/staff, retiree or immediate family member
- People who need programs tailored toward their specific needs and goals
- Individuals who desire accountability, positive feedback, and attention

What does it cost? Select from several packages based on your available time, needs, and goals. Packages include one to 40 sessions, each meeting from 30–60 minutes. See our website for more information.

How do I get started? Contact kristy.leen@uni.edu, call (319) 273-7167, or visit our website at www.uni.edu/recreation/personal_training.

Can I become a personal trainer? Yes! See information on personal trainer certification at the bottom right corner of page 5.

Questions? Contact me!
Kristy Leen, Personal Fitness Coordinator
(319) 273-7167
kristy.leen@uni.edu
www.uni.edu/recreation/wrs_facilities#fitness_area

WORKOUT FACILITIES

Health Beat can be found on the ground level of the Maucker Union to the north of the food court in the tunnel connection between Maucker Union and Lang Hall. While the WRC fitness center is closed during academic hours, the Health Beat is open throughout the weekday for your convenience. The free weight room and WRC fitness area are also open throughout the year. Please join us! WRC summer and interim break hours differ from those listed below; check the Recreation Services website for those hours (www.uni.edu/recreation/hours).

WRC Fitness Area

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Monday–Thursday</td>
<td>6am–8am</td>
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<td></td>
<td>12pm–1pm</td>
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<tr>
<td></td>
<td>3pm–11pm</td>
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<tr>
<td>Friday</td>
<td>6am–8pm</td>
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<tr>
<td>Saturday</td>
<td>8am–6pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>1pm–11pm</td>
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Health Beat

<table>
<thead>
<tr>
<th>Days</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday–Thursday</td>
<td>6:30am–6:30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>11am–2pm</td>
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Facility Features
- Magnum strength training equipment
- Dumbbells
- Precor
- Life Fitness
- Free Motion
- Octane
- Sci Fit
- Recumbent and upright bikes
- Expresso bikes
- AMT’s
- Elliptical machines
- Cross trainers
- Treadmills
- Rowers

Facility Features
- Magnum strength training machines
- Dumbbells
- Precor
- Life Fitness
- Octane
- Sci Fit
- Recumbent and upright bikes
- AMT’s
- Steppers
- Elliptical machines
- Cross trainers
- Treadmills
- Rovers

Towel Service

<table>
<thead>
<tr>
<th>Period</th>
<th>Price</th>
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<tbody>
<tr>
<td>Full Year</td>
<td>$50</td>
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<tr>
<td>Fall</td>
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<tr>
<td>Spring</td>
<td>$25</td>
</tr>
<tr>
<td>Summer</td>
<td>$25</td>
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</table>

Full Year $50
Fall $25
Spring $25
Summer $25

Locker Service: Full Size Locker

<table>
<thead>
<tr>
<th>Period</th>
<th>Price</th>
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<td>Fall</td>
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</tr>
<tr>
<td>Spring</td>
<td>$15</td>
</tr>
<tr>
<td>Summer</td>
<td>$10</td>
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</tbody>
</table>

Full Year $30
Fall $15
Spring $15
Summer $10

Locker Service: Half Size Locker

<table>
<thead>
<tr>
<th>Period</th>
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<td>$15</td>
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<tr>
<td>Spring</td>
<td>$15</td>
</tr>
<tr>
<td>Summer</td>
<td>$10</td>
</tr>
</tbody>
</table>

Full Year $30
Fall $15
Spring $15
Summer $10

Questions? Contact me!
Dana Foster, Instructional Fitness and Personal Training Coordinator
(319) 273-5859
dana.foster@uni.edu
www.uni.edu/recreation/personal_training
UNI OUTDOORS
SUMMIT THE HEIGHTS

SUMMIT THE HEIGHTS of one of the most unique features in the UNI community! The wall is 38.5 feet tall with almost 3,000 square feet of climbing on 11 different ropes. The wall even has a bouldering section! Climbing develops strength, endurance, confidence, and physical skills for all fitness levels. We provide the equipment, belaying, and coaching. Enjoy the fun and challenge of climbing!

Questions? Contact me!
Andy Martin,
Outdoor Recreation Coordinator
(319) 273-7164
andrew.martin@uni.edu
www.uni.edu/recreation/outdoor_recreation

OUTDOOR EQUIPMENT RENTAL
We have awesome equipment available to rent for all of your outdoor fun! Note: The asterisk (*) indicates university prices.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Day</th>
<th>Weekend</th>
<th>Week</th>
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</thead>
<tbody>
<tr>
<td>Canoe</td>
<td>Canoe, Paddles, PFDs, Car Top Carrier</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Canoe Trailer</td>
<td>6 and 8 Rack</td>
<td>$40*/50</td>
<td>$80*/100</td>
<td>$120*/150</td>
</tr>
<tr>
<td>Whitewater Kayak Package</td>
<td>Kayak, Spray Skirt, PFD, Paddle, Helmet</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Sit-On-Top Kayaks</td>
<td>Kayak, Paddle, PFD</td>
<td>$15*/25</td>
<td>$25*/40</td>
<td>$50*/70</td>
</tr>
<tr>
<td>Paddleboards</td>
<td>Stand-Up Paddleboard, Paddle, PFD</td>
<td>$20*/30</td>
<td>$35*/50</td>
<td>$70*/85</td>
</tr>
<tr>
<td>2-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Mountain Hardwear</td>
<td>$10*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>3-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$7*/15</td>
<td>$12*/20</td>
<td>$22*/33</td>
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<tr>
<td>4-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$8*/18</td>
<td>$13*/23</td>
<td>$23*/35</td>
</tr>
<tr>
<td>5-Person Tent</td>
<td>Alps Mountaineering</td>
<td>$10*/20</td>
<td>$15*/25</td>
<td>$25*/40</td>
</tr>
<tr>
<td>Dry Bags</td>
<td>Waterproof River Pack</td>
<td>$5*/10</td>
<td>$10*/15</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Backpack</td>
<td>Lowe Alpine / Deuter Internal</td>
<td>$7*/12</td>
<td>$12*/20</td>
<td>$24*/30</td>
</tr>
<tr>
<td>Sleeping Bags</td>
<td>Mountain Hardwear 0° / Marmot 0°</td>
<td>$5*/10</td>
<td>$10*/16</td>
<td>$20*/30</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>Ridgrest Foam</td>
<td>$2*/6</td>
<td>$3*/7</td>
<td>$6*/12</td>
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<tr>
<td>1-Burner Stove</td>
<td>Coleman / MSR</td>
<td>$3*/6</td>
<td>$6*/12</td>
<td>$16*/20</td>
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<tr>
<td>2-Burner Stove</td>
<td>Coleman</td>
<td>$5*/10</td>
<td>$16*/20</td>
<td>$20*/30</td>
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<tr>
<td>Snowshoes</td>
<td>Atlas</td>
<td>$5*/10</td>
<td>$10*/16</td>
<td>$20*/30</td>
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<tr>
<td>Cross-Country Skis</td>
<td>Various Types</td>
<td>$10*/12</td>
<td>$15*/20</td>
<td>$20*/30</td>
</tr>
</tbody>
</table>

UNI OUTDOORS OFFICE HOURS
| Monday and Friday | 9am – 5pm |
| Tuesday – Thursday | 12pm – 5pm |

SEMESTER WALL HOURS
| Monday – Thursday | 4pm – 10pm |
| Friday            | 4pm – 8pm  |
| Saturday          | 1pm – 5pm  |
| Sunday            | 7pm – 10pm |

SUMMER WALL HOURS
| Monday – Thursday | 4pm – 8pm |
| Friday            | 3pm – 6pm |
| Saturday          | Closed   |
| Sunday            | 5pm – 8pm |

COMMUNITY CLIMBING
Unlike other areas of the WRC, the climbing wall is available for use by the general community. If you have questions about community climbing, please contact Tim Klatt at timothy.klatt@uni.edu or at (319) 273-7120.

BIKE MAINTENANCE
<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fix-A-Flat</td>
<td>$20</td>
</tr>
<tr>
<td>Replace Tire</td>
<td>$10 + tire and tube cost</td>
</tr>
</tbody>
</table>

Questions? Contact me!
Andy Martin,
Outdoor Recreation Coordinator
(319) 273-7164
andrew.martin@uni.edu
www.uni.edu/recreation/outdoor_recreation
A trip to the Galápagos Islands will be the journey of your lifetime! Located 600 miles from the Ecuadorian mainland, the Galápagos Islands amaze the senses with huge biological diversity both terrestrially and aquatically.

Isolated for thousands of years, some of the most unusual species in the world evolved here, including giant tortoises, marine iguanas, blue-footed boobies, and the world’s only equatorial penguins. The Islands comprise the Galápagos National Park and were recently named a World Heritage Site. Nearly completely uninhabited, the islands can only be visited with a certified naturalist guide.

With UNI Outdoors you will experience the Islands by hiking and snorkeling in the clear water surrounding them. This is best accomplished by living aboard a small, motor-powered ship so that we can transfer from one site to another quickly and, in some cases, while we are sleeping.

Included with the trip are three nights in Quito, airfare from Quito to Galápagos, four nights and five days of lodging/meals on a charter boat, Galápagos activities, a national park fee, and a certified naturalist guide.

Location: Galápagos National Park  
Date: May 20 – 27, 2016  
Pre-Trip Meeting: March 7 at 6pm  
Limit: 14  
Cost: Student $3,300*, University $3,350*, Guest $3,400*  
*Price does not include airfare to Quito, Ecuador

Fast-paced and hands-on, this two-day course covers a wide range of wilderness medicine topics for those who travel in the outdoors. Whether spending time in the back-country is your passion or your profession, you should never have to ask, “What do I do now?” In this course, you’ll learn how to prepare for the unexpected. Wilderness Medicine Institute’s curriculum is unique and includes many advanced topics that other programs don’t cover, such as dislocation reduction, focused spinal assessment, and epinephrine administration. In just two days, you’ll have the knowledge, skills, and ability to make sound decisions in emergency situations. This course is ideal for trip leaders, camp staff, outdoor enthusiasts, and individuals in remote locations. WMI’s course is preapproved by organizations such as the American Camping Association, the United States Forest Service, and other governmental agencies. This course does not include CPR.

Location: Wellness/Recreation Center, Cedar Falls, IA  
Date: Jan. 23 – 24, 2016  
Cost: $255

“I CHALLENGE EVERYONE TO WALK A DIFFERENT PATH WITH UNI OUTDOORS. IT WILL CHANGE YOUR LIFE!”  
—ENRIQUE TOVAR, UNI OUTDOORS TRIP LEADER
those willing to walk a different path. Imagine hiking into the Escalante River Valley, sailing among the Galapagos Islands, peering up at Mount Everest, cross-country skiing through a wooded forest, or canoeing down a scenic river. Through UNI Outdoors, you can do any of these activities and more! We can provide you with fun and educational experiences that you will remember for the rest of your life. No experience is necessary, so sign up today!

**Location:** Afton Alps, MN  
**Date:** Feb. 5–6  
**Pre-Trip Meeting:** Feb. 1 at 5pm  
**Cost:** Student $145, University $155, Guest $170  
*Friday afternoon departure*

Spend the weekend skiing in Minnesota! Afton Alps, located in the scenic St. Croix River Valley, is one of the largest ski and snowboard areas in the Midwest and encompasses nearly 300 skiable acres. It offers the best variety of terrain, from beginner to expert. This exciting Midwest skiing adventure comes with an all-day Saturday lift ticket and one night of lodging in a local hotel. And don’t you fret—we’ll be back in time for all those Super Bowl preparations. Price based on 4-person occupancy.

**Location:** Mammoth Cave National Park, Kentucky  
**Date:** Feb. 19–21  
**Pre-Trip Meeting:** Feb. 15 at 5pm  
**Cost:** Student $190, University $200, Guest $210  
*Early Friday morning departure*

Get down and dirty in the largest cave in the world! Join UNI Outdoors for a weekend of spelunking in Mammoth Cave National Park. The wild cave tour offers tight places and small spaces. This six-hour underground odyssey is limited to a small group and is sure to test even the most adventurous of spirits. Mammoth Cave historical tour is also included. No experience necessary! Per the park’s guidelines, over-ankle hiking boots are required and chest and hip measurements are not to exceed 42 inches.

**Location:** Cedar Valley Area, IA  
**Date:** Feb. 13  
**Pre-Trip Meeting:** Feb. 9 at 5pm  
**Cost:** Student $15, University $20, Guest $25

Make a wish and catch some fish! Join UNI Outdoors on the ice this winter as we venture out to a local body of water for a day of ice fishing. Experienced anglers or first-timers are welcome. UNI Outdoors will provide the fishing poles, bait, tackle, and a warming hut. Fishing license not included but can be obtained for under ten dollars.

**Location:** Cedar Falls, IA  
**Date:** Mar. 5  
**Time:** Competition begins at 9am; Day-Of Registration begins at 8am  
**Early Registration** (On or before Feb. 28): $30  
**Late Registration** (Feb. 27–Mar. 4): $35  
**Day-Of Registration** (Mar. 5): $45

UNI’s seventeenth annual climbing competition is a sure shot for a good time! Rock Revolution is a friendly and fun-spirited competition open to climbers of ALL skill levels. This event will push you to the limit and leave you exhausted by the end of the day. Stop by WRC 174 for more information.
The staff at UNI Outdoors is dedicated to making all programs enjoyable, safe, and environmentally friendly for all adventure trip participants. We strive to educate our fellow students on the importance of being a positive steward of the natural environment.

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**Galápagos ship photo courtesy of GalapagosIslands.com.**

**Wilderness First Aid photo courtesy of the National Outdoor Leadership School.**

**Ice fishing photo by Bengt Nyman used without changes under the Creative Commons Attribution 2.0 Generic License.**

All other photos courtesy of UNI Outdoors.

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**Questions? Contact me!**

Andy Martin, Coordinator
Outdoor Recreation Services
(319) 273-7164
andy.martin@uni.edu
www.uni.edu/recreation/ outdoor_recreation

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**SOUTHWESTERN ADVENTURE**

**Location:** Grand Staircase-Escalante National Monument, UT  
**Date:** Mar. 11 – 20  
**Pre-Trip Meeting:** Feb. 29 at 5pm  
**Cost:** Student $600, University $625, Guest $675  
*Friday afternoon departure*

Embark on a slick-rock adventure that will expose you to an environment that was once a mecca for the ancient people of the southwest. Pictographs and pueblo ruins are dwarfed by large sandstone arches that grant passage to the Escalante River. If you haven’t had enough of the canyons after half a week of backpacking, join us as we hike around the beautiful Zion National Park and ascend some of the iconic hikes overlooking the park. We’ll end the trip with even more canyons as we hike, climb, scramble, and rappel down sidewalls during an afternoon of canyoneering. All experience levels welcome.

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**SOUTHEASTERN ADVENTURE**

**Location:** Florida and Georgia  
**Date:** Mar. 1 – 10  
**Pre-Trip Meeting:** Mar. 1 at 5pm  
**Cost:** Student $600, University $625, Guest $675  
*Friday afternoon departure*

Join UNI Outdoors this spring break as we delve deep into the heart of America’s last wilderness swamp. We will spend 2 nights and 3 days canoeing Georgia’s great Okefenokee Swamp, encountering stands of towering Cypress trees, lily pad covered lakes and even a few alligators! Once we exit our watery wilderness, we’re off to the beautiful Georgia coast and Cumberland Island National Seashore. We will spend an additional 2 nights and 3 days hiking around the beautifully green trails of Cumberland Island. The trip is topped off with a night spent around a campfire next to the Atlantic Ocean as we drift off to sleep to the sounds of the surf. All experience levels welcome.

---

**WOMEN’S ROCK CLIMBING**

**Location:** Sam’s Throne, AR  
**Date:** Apr. 7 – 10  
**Pre-Trip Meeting:** Mar. 30 at 5pm  
**Cost:** Student $110, University $120, Guest $130  
*Thursday afternoon departure*

Enjoy a weekend of camping and climbing with the women of UNI Outdoors as we travel to Sam’s Throne, Arkansas. Sam’s Throne is located in the Ozark – St. Francis National Forest and is the oldest climbing area found along the broad mountain tops of the Ozark area. The Atoka sandstone cap rock that forms the cliffs, along with the large variety of features, make Sam’s Throne a perfect place to climb for beginners and experienced climbers alike!

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**CANOEING THE OZARCS**

**Location:** Current River, MO  
**Date:** Apr. 21 – 24  
**Pre-Trip Meeting:** Apr. 13 at 6:30pm  
**Cost:** Student $125, University $135, Guest $145  
*Thursday afternoon departure*

Come and join us for a long weekend as we explore the Current River, Missouri’s largest spring fed river that lies in the heart of the Ozarks. We will be canoeing nearly 30 miles of crystal clear, easy-moving water and exploring spring fed caves by canoe and by foot. UNI Outdoors will provide all of the canoeing and camping gear; all you need to bring is your sense of adventure!

---

**SPELUNKING**

**Location:** Maquoketa Caves State Park, IA  
**Date:** Apr. 9  
**Pre-Trip Meeting:** None  
**Cost:** Student $30, University $35, Guest $40

During this day trip opportunity we will explore the underworld of the Maquoketa Caves. Located in the eastern part of the state, the Maquoketa Caves are perfect for those who are looking for a good introduction to spelunking or for those who simply have a thirst for adventure.

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**CLIMBING JACKSON FALLS**

**Location:** Jackson Falls, IL  
**Date:** Apr. 21 – 24  
**Pre-Trip Meeting:** Apr. 13 at 5pm  
**Cost:** Student $95, University $105, Guest $115  
*Thursday afternoon departure*

Come shred gnar on world-famous sandstone during a weekend of bouldering and climbing in Jackson Falls, which is located in the beautiful Shawnee National Forest of Southern Illinois. Featured in Rock and Ice Magazine and climbing videos alike, this area offers some of the best climbing around. Lush spring wildflowers and picturesque waterfalls make this an adventure not to be missed. All skill levels are welcome.

---
Skills Clinics

Have you ever wanted to learn a new adventure skill but never had the opportunity? Join some of our outdoor skills experts and learn from a pro. We offer monthly clinics focusing on one of three skill sets including climbing, kayaking, and outdoor skills. We also offer climbing belay clinics weekly and lead climbing clinics by appointment.

Please sign up for outdoor skills clinics in the Outdoor Recreation Office (WRC 174) prior to the date of the clinic.

Kayak Skills & Roll Clinics
Location: WRC 174
Date: Feb. 3, 10, 18, 25 at 7pm
Cost: $10 per clinic

In these clinics you will learn both introductory and advanced skills, whether you need them to float down a river on a leisurely paddle or go down the craziest rapids. Skills that will be covered include stability, strokes, braces, sculling, and the famous kayak roll.

Outdoor Skills Clinic
Location: WRC 174
Date: Mar. 9 at 5pm
Cost: $10 per clinic

Interested in learning the basics of conquering the great outdoors? Join our wilderness experts to learn how to set up tents, light camping stoves, start fires, and gain many other skills that will suit your outdoor needs.

Cross-Country Ski Nights
Location: Cedar Falls, IA
Dates: Wednesday nights from Jan. 27 – Feb. 24
Time: 5pm
Cost: $5

Spend some time with UNI Outdoors while cross-country skiing on our freshly groomed west campus recreation trail. Snow permitting, we will meet in the Outdoor Recreation Office, WRC 174, to gear up and head out to the trails. Skis, boots, headlamps, and hot cocoa are provided. No experience is necessary, but be sure to dress for the weather!

Belay Clinics
Location: WRC 174
Dates: Second and fourth Monday of every month; first and third Tuesday of every month
Time: 7 – 10pm
Cost: University $15, Guest $25

Learn the basics of climbing gear, safety, and belaying on UNI’s climbing wall. This "hands-on" clinic is designed to teach you everything you need to know to become belay certified on the UNI climbing wall. Along with proper belaying techniques, this clinic covers the use of knots, belay devices, and other safety equipment.

Other Info

Trip/Clinic Registration
Trip registrations take place in the UNI Outdoors office, WRC 174, during office hours. Trips are open on a first-come, first-served basis. Trip equipment and transportation are provided unless otherwise indicated. If you have any questions or need additional information, call (319) 273-7163. Late cancellation policies apply.

UNI Outdoors’ Goal from Coordinator Andrew Martin
“The goal of UNI Outdoors is to provide outdoor and educational opportunities to the collegiate community. With recreational climbing, equipment rental, a resource library, adventure trips, and skills clinics, we hope to provide something for everyone.”

Getting Involved
Students interested in trips or in becoming more involved with our program should contact UNI Outdoors at (319) 273-7163. Very little, if any, previous experience is necessary for our outdoor recreation trips/programs. Anyone can enjoy the great outdoors and should take advantage of this outdoor resource. Let UNI Outdoors help you with your outdoor needs! For additional information, email andrew.martin@uni.edu or stoutjas@uni.edu.

Indoor Climbing Wall
One of the most popular features available to the UNI community is the climbing wall housed in the Wellness/Recreation Center. This is one of the largest indoor climbing walls in Iowa. Standing at 38.5 feet, this structure offers almost 3,000 square feet of climbing on 11 different ropes. There is also a bouldering section. The wall provides a great opportunity for developing fitness, strength, confidence, and climbing skills.

Equipment Rental
We have awesome equipment available to rent for all of your outdoor fun! See page 7 or visit www.uni.edu/recreation/outdoor_recreation for details.

Tips and Tricks

Tyler Ryan Enrique Nichole Justin Anthony Alyssa

JDEvan Ethan Christine

Trip Leaders

Anthony Alyssa Justin Nichole Ryan Enrique Tretz

Evan Christine 3D Ethan

11
AQUATICS
MAKE WAVES

in the Wellness/Recreation Center pools, which consist of an eight-lane 25-yard lap pool, a leisure pool, and a spa. Aquatics programs range from Paddling Panthers swimming lessons, Panther Masters Swim Team, and American Red Cross Lifeguarding and Water Safety courses to adult swim lessons, water aerobics, and lap and recreation swimming.

### Masters Swim

Session 1: Jan. 11–May 5
Mondays – Thursdays
5:30 – 6:30pm
Saturdays
8:30am – 9:30am
Lap Pool, lanes 7 and 8

The Masters Swim Club is set up to offer a best-in-class fitness swimming program in a safe and stimulating environment. It is open to UNI students, UNI faculty/staff, and Cedar Valley community members 18 years of age and older.

### Paddling Panthers

Session 1: Feb. 8 – Mar. 2
Mondays
6:30pm – 7:15pm
Leisure Pool

### Adult Lessons

Session 1: Jan. 16 – Mar. 5
Saturdays
9:30am, 10:15am, 11am
All levels offered

Session 2: Feb. 2 – 25
Tuesdays and Thursdays
5:30pm, 6:15pm
Levels offered:
Parent/Child, Preschool, Levels 1-3

Session 3: Mar. 29 – Apr. 21
Tuesdays and Thursdays
5:30pm, 6:15pm
Levels offered:
Parent/Child, Preschool, Levels 1-3

Paddling Panthers swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are held in the WRC natatorium and are taught by American Red Cross-certified Water Safety Instructors. All sessions are comprised of eight lessons. All participants in this program will be assessed on the first day of class to ensure proper class level enrollment. Lessons are available to family members of UNI students, faculty, staff, and alumni.

### Private Lessons

Private lessons may be taken at any skill level. These lessons are separate from group lessons, are offered any time the WRC is open for open rec hours, and are based on instructor availability. There is a one participant to one instructor ratio. Lessons are 30 minutes long. Students must be at least three years old to enroll. Please contact us at swimlessons@uni.edu for more information concerning private lessons.

### Leisure Pool

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7pm – 10pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5pm – 7:30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>12pm – 5pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>3pm – 8pm</td>
</tr>
</tbody>
</table>

* Pool shared with academic class until 12pm
** Pool shared with Panther Masters Club and Fitness Classes

### Lap Pool

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday</td>
<td>6pm – 7:50am</td>
</tr>
<tr>
<td>Monday – Friday*</td>
<td>11:30am – 1pm</td>
</tr>
<tr>
<td>Monday – Thursday**</td>
<td>5pm – 9pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5pm – 7:30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>12pm – 5pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>3pm – 8pm</td>
</tr>
</tbody>
</table>

* Pool shared with academic class until 12pm
** Pool shared with Panther Masters Club and Fitness Classes

---

### PADDLING PANTHERS LESSON FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One child</td>
<td>$40/session</td>
<td></td>
</tr>
<tr>
<td>Two children</td>
<td>$80/session</td>
<td></td>
</tr>
<tr>
<td>Three or more children</td>
<td>$80 + half-off each additional child</td>
<td></td>
</tr>
</tbody>
</table>

### PRIVATE LESSON FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One child</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>Two children</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>Two separate back-to-back 30-minute lessons</td>
<td>$23</td>
<td></td>
</tr>
</tbody>
</table>

### PANTHER MASTERS FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>One child</td>
<td>$50/session</td>
<td></td>
</tr>
</tbody>
</table>

### ADULT SWIM LESSONS

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNI Student</td>
<td>$40</td>
<td></td>
</tr>
<tr>
<td>Non-UNI Student</td>
<td>$50</td>
<td></td>
</tr>
</tbody>
</table>

Note: All fees above apply per semester.
BECOME CERTIFIED

CPR

Note: Basic Life Support is the new CPR/AED for Professional Rescuers.

Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED)
Section 19
8:30am – 3pm, Apr. 23, WRC 155
$80 – UNI Student
$85 – Non-UNI Student

The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that individuals with a duty to respond have the knowledge and skills to care for respiratory arrest, cardiac arrest, or airway obstruction.

Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED) – Review
Section 18
5pm – 9pm, Apr. 20, WRC 155
$50 – UNI Student
$55 – Non-UNI Student

This course is a renewal for those who hold a current (within 30 days) CPR/AED for the professional rescuer certificate (or equivalent).

Combo Class – Save $25:
Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED), First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission
Section 2
11am – 6pm, Feb. 14, WRC 150
Section 15
8am – 5pm, Apr. 8, WRC 155
$125 – UNI Student
$130 – Non-UNI Student

This course will combine Basic Life Support for Healthcare Providers (CPR/AED), First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission.

Community CPR (Adult CPR/AED)
Section 6
5:30pm – 8pm, Mar. 1, WRC 150
$45 – UNI Student
$50 – Non-UNI Student

Gain the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until EMS arrive.

Community CPR (Adult, Child, and Infant CPR/AED)
Section 9
5pm – 8pm, Mar. 28, WRC 150
$70 – UNI Student
$75 – Non-UNI Student

Gain the skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, children, and infants until EMS arrive.

First Aid

Bloodborne Pathogens Training: Preventing Disease Transmission
Section 12
5pm – 6pm, Apr. 6, WRC 155
$25 – UNI Student
$30 – Non-UNI Student

Trains and provides individuals with an understanding of the intent of the Bloodborne Pathogens regulation issued by OSHA. The following topics will be covered: how disease transmission occurs, diseases of greatest concern, precautions to prevent disease transmission, and steps to take if an exposure occurs.

First Aid
Section 8
5pm – 8pm, Mar. 7, WRC 155
Section 13
6pm – 9pm, Apr. 6, WRC 155
$45 – UNI Student
$50 – Non-UNI Student

Provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until EMS arrive.

Aquatics

Unless otherwise noted, classes are taught on weekends during the following times.
Fridays: 4pm – 10pm
Saturdays: 8am – 8pm
Sundays: 8am – 6pm

Lifeguard Training‡
Section 1
Feb. 6 – 7, WRC 150
Section 6
Mar. 4 – 6, WRC 150
Section 11
Apr. 1 – 3, WRC 155
Section 16
Apr. 15 – 17, WRC 150
Section 21
May 13 – 15, WRC 150
Section 22
May 20 – 22, WRC 150
$160 – UNI Student
$170 – Non-UNI Student

The lifeguarding program provides participants with knowledge and skills to prevent, recognize, and respond to aquatic emergencies. It also includes training in First Aid and CPR/AED for the Professional Rescuer. Must be at least 15 years of age by the end of the course.

Lifeguard Review
Section 4
8am – 8pm, Feb. 28, WRC 150
Section 20
8am – 8pm, May 7, WRC 150
$90 – UNI Student
$95 – Non-UNI Student

This course is a renewal for those who hold a current (within 30 days) lifeguarding/CPR/AED/First Aid certificate. Includes CPR/AED and First Aid.

Water Safety Instructor‡
Section 7
Mar. 4 – 6, WRC 103
Section 14*
4pm – 8pm, Apr. 8
8am – 6pm, Apr. 9
8am – 5pm, Apr. 10, WRC 103
$170 – Non-UNI Student
$180 – UNI Student

*Blended Learning Format: Requires approx. 7 hours of online simulation learning, which will be sent via email ahead of time.

‡
Registration

To register or to view registration policies, visit www.uni.edu/recreation/certifications.

Questions? Contact me!
Rachel Cook,
Aquatics & Certifications Coordinator
(319) 273-7263
rachel.cook@uni.edu
www.uni.edu/recreation/aquatics

to save lives! Gain skills and certification through private group classes, which are offered for most courses through Recreation Services. Classes can be held at the WRC or at your location on campus. To schedule a class, please call Rachel Cook in the WRC office at (319) 273-7263.
## Sport Clubs

### Engage

In the sport club program, which provides students an opportunity to participate in a common sport or activity by organizing and managing clubs according to interests. Through the formation, governance, and participation in sport club activities, you can develop co-curricular leadership and sport skills, experience competitive events, travel to other schools, and enjoy social interactions. Consider joining a club that interests you or getting a group together and creating a new one!

### Current Clubs

<table>
<thead>
<tr>
<th>Archery</th>
<th>Disc Golf</th>
<th>Men’s Volleyball</th>
<th>Triathlon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Fencing</td>
<td>Panther Pacers Running</td>
<td>Women’s Rugby</td>
</tr>
<tr>
<td>Bowling</td>
<td>Hockey</td>
<td>Ski &amp; Snowboard</td>
<td>Women’s Soccer</td>
</tr>
<tr>
<td>Capoeira</td>
<td>Men’s Rugby</td>
<td>Swimming</td>
<td>Women’s Ultimate Frisbee</td>
</tr>
<tr>
<td>Climbing</td>
<td>Men’s Soccer</td>
<td>Taekwondo</td>
<td>Women’s Volleyball</td>
</tr>
<tr>
<td>Cycling</td>
<td>Men’s Ultimate Frisbee</td>
<td>Tennis</td>
<td></td>
</tr>
</tbody>
</table>

### Start a Club

Any student may form a new sport club if there is sufficient student interest/participation in the sport or physical activity. There are several factors to take into consideration when forming a new sport club such as gaining interest, start-up costs, practice location, etc. A sport club must have student officers and a UNI faculty/staff member as an advisor. You may begin the process of starting a new club by submitting a UNI sport club creator form and by setting up a meeting with the UNI sport club coordinator.

### Intramurals

### Compete

In the intramural sports program! It really does have something for everyone with its wide variety of team, dual, and individual sports to meet your personal interests throughout the school year. Participating in intramurals is a great way to have fun, meet people, enjoy some competition, escape from academic demands, and exercise. We also provide students with a great opportunity for leadership as a paid student official. We have women’s, men’s, and co-rec intramural sports. Choose from our extensive list and get involved today!

### Registration

To register for an intramural activity, go to www.uni.edu/recreation/intramural_sports or visit www.imleagues.com.

### Paid Student Official Positions Open

If you are interested in being an intramural sports official, please call or contact the Intramural Office in WRC 161.

### Questions? Contact me!

**Joelle Rummel**, Facilities, Sport Clubs, and Youth Programs Coordinator  
(319) 273-3972  
rummelj@uni.edu

**Cindy Klatt**, Intramural Sports Coordinator  
(319) 273-5528  
cynthia.klatt@uni.edu  
www.uni.edu/recreation/intramural_sports
YOUTH PROGRAMS

ACTION-PACKED DAYS

Our youth programs are sure to be a blast! Recreation Services offers a variety of youth programs throughout the year including sports camps, climbing camp, babysitter certification, outdoor adventure camp, and junior lifeguarding.

**Camps**

Our youth camps include one-day to week-long opportunities. Check the Recreation Services website for details and dates at www.uni.edu/recreation/youth_camps.

<table>
<thead>
<tr>
<th>All-Sports Camps</th>
<th>Professional Development: Feb. 28</th>
<th>Spring Break Camp: Mar. 14 – Mar. 18</th>
<th>Professional Development: Apr. 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreation Services hosts this all-sports camp over the course of the school year. Kids participate in flag football, table tennis, rock climbing, basketball, swimming, kickball, baseball/softball, dodgeball, pickleball, ultimate frisbee, and nutritional and environmental presentations! For ages 6-12.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Climbing Camp**

**Coming Summer 2016**

Recreation Services is excited to offer our very own climbing camp! Participants will learn skills and techniques in climbing, bouldering, and team building during this two-day camp, which is a great opportunity to practice communication, goal setting, and responsibility. No experience is necessary to participate. Spaces are limited and will be filled on a first come, first served basis. For ages 13-17. Please contact Joelle Rummel at rummelj@uni.edu for more information.

**Babysitting Training**

**Coming Summer 2016**

Jump-start your teen’s first job. Youth will become excellent babysitters by learning practical skills and confidence through hands-on activities, video presentations, and classroom discussions. Topics covered include responding to emergencies, good decision-making, and communication with parents. Babysitting training is designed for youth ages 11-14 years.

**Outdoor Adventure Camp**

**Coming Summer 2016**

UNI Recreation Services is proud to offer its outdoor adventure camp. During these three action-packed days, participants enjoy activities such as rock climbing, canoeing, kayaking, hiking, fire building, animal tracking and identification, and more. No experience is necessary; however, an adventuresome spirit is required. For ages 9-12.

**Junior Lifeguarding**

**Coming Summer 2016**

This is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes, and skills for future successful completion of Red Cross Lifeguarding courses. Objectives include prevention of accidents, fitness, rescue responses, leadership, and professionalism. Junior Lifeguarding is designed for youth ages 11-14 years.

---

**Men’s Intramurals**

<table>
<thead>
<tr>
<th>Play Starts*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
</tr>
<tr>
<td>5 on 5 Indoor Soccer</td>
</tr>
<tr>
<td>Wrestling</td>
</tr>
<tr>
<td>4 on 4 Volleyball</td>
</tr>
<tr>
<td>Table Tennis</td>
</tr>
<tr>
<td>Badminton</td>
</tr>
<tr>
<td>Dodgeball</td>
</tr>
<tr>
<td>3 Point Shoot</td>
</tr>
<tr>
<td>Free Throws</td>
</tr>
<tr>
<td>Hot Shot</td>
</tr>
</tbody>
</table>

**Women’s Intramurals**

<table>
<thead>
<tr>
<th>Play Starts*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
</tr>
<tr>
<td>4 on 4 Volleyball</td>
</tr>
<tr>
<td>Table Tennis</td>
</tr>
<tr>
<td>Badminton</td>
</tr>
<tr>
<td>3 Point Shoot</td>
</tr>
<tr>
<td>Free Throws</td>
</tr>
<tr>
<td>Hot Shot</td>
</tr>
</tbody>
</table>

**Co-Rec Intramurals**

<table>
<thead>
<tr>
<th>Play Starts*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
</tr>
<tr>
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</tr>
<tr>
<td>4 on 4 Volleyball</td>
</tr>
<tr>
<td>Table Tennis</td>
</tr>
<tr>
<td>Badminton</td>
</tr>
<tr>
<td>Dodgeball</td>
</tr>
<tr>
<td>3 Point Shoot</td>
</tr>
<tr>
<td>Free Throws</td>
</tr>
<tr>
<td>Hot Shot</td>
</tr>
</tbody>
</table>

**Open Tournaments**

<table>
<thead>
<tr>
<th>Play Starts*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Season Basketball</td>
</tr>
<tr>
<td>Arena Flag Football</td>
</tr>
<tr>
<td>Co-Rec Sand Volleyball</td>
</tr>
<tr>
<td>Co-Rec 11 on 11 Soccer</td>
</tr>
</tbody>
</table>

*Note: Entries are due prior to the start of play.
The state-of-the-art Wellness/Recreation Center (WRC) offers you a wide range of drop-in recreation and fitness opportunities with multi-purpose areas, racquetball courts, fitness areas, indoor track, free weight room, climbing wall, lap and leisure pools, saunas, and lounge areas with table tennis tables. Equipment is available to check out, rent, or purchase. Outdoor facilities include multipurpose play fields, tennis courts, and an all-weather competitive track.
Thank you for reviewing the 2014–2015 UNI Recreation Services annual report. This report will provide a snapshot of facility use and program participation as well as departmental governance. We hope that you find this report informative. Recreation Services facilities and programs continue to be a hub of student action and a campus leader in sustainability efforts, cultural interaction, and recruitment and retention. Recent national research has shown the importance of campus recreation programs and the services they provide to students, faculty, and staff on college and university campuses. Specific benefits reported by participants include increased time management skills, respect for others, sense of belonging, ability to multitask, friendship development, problem solving skills, and communication. Additionally, student recreation center users report higher GPAs than the general student population.

Recreation Services employs over 280 student employees in a number of different types of jobs. Many of these roles are in direct support of customer satisfaction, program delivery, and risk management. The benefits of student employment go far beyond earning a paycheck. We employ learning outcomes that help students reflect on their positions and the value these jobs add to classroom learning. Specific learning outcome categories reviewed with students include critical thinking, decision making, teamwork, service orientation, civic engagement, interpersonal competence, intrapersonal competence, leadership, appreciation of differences, humanitarianism, and tolerance of ambiguity. We strongly believe that all of these areas will be important in post-graduation employment.

Continued collaborations with the School of Health, Physical Education and Leisure Services, UNI Athletics, Cedar Falls School District, and the City of Cedar Falls have proven to be very beneficial to all groups and the citizens of the state of Iowa. These collaborations combine and maximize resources and have led to efficient facility scheduling.

We welcome your feedback and look forward to continuing to serve the UNI community. If you have questions about Recreation Services programs or this annual report, please feel free to contact me or one of our staff.

Sincerely,

Christopher B. Denison, Ed.D.
Recreation Services Director
(319) 273-7160
christopher.denison@uni.edu

UNI WOMEN’S SOCCER

Boasts 24 members from majors as diverse as psychology, finance, and Leisure, Youth, and Human Services (LYHS).
The Recreation Services budget of $1.8 million reflects three categories including the General Education Fund, Recreation Fee and program revenue.

In 2015, the mandatory student recreation fee was $68. The recreation fee supports the programming and operations of the comprehensive collegiate recreation program for the entire campus population. The programs include aquatics and certifications, group fitness, personal training, intramurals, sport clubs and youth programs, and outdoor recreation.

Recreation Services also maintains an Improvements and Renewals account as well as a UNI Foundation account, both of which are used for special projects. These special projects include facility construction and renovation, specialized equipment purchase, and staff professional development.

The Recreation Services Student Advisory Board is made up of a diverse group of UNI students, both undergraduate and graduate, representing a variety of student constituencies. The advisory board meets on a regular basis each semester to discuss WRC facility policies and Recreation Services programs and services.

It is the mission of the board to provide Recreation Services with input, feedback, and suggestions contingent on each student's respective constituency. This information helps Recreation Services meet the ever-changing needs and interests of the UNI student body.

The mission of Recreation Services is to enhance the personal, professional, and academic lives of university students, faculty, and staff through structured and self-directed activities, educational programs and services, skill and leadership building activities, and campus-wide initiatives. Recreation Services staff are committed to being the leaders in fostering healthy lifestyles among members of the UNI campus community.

Recreation Services is a department within UNI Health and Recreation Services (HRS). HRS is a department within the Division of Student Affairs.

### 1 DIRECTOR
Christopher B. Denison, Ed.D.
Contact: christopher.denison@uni.edu

### 1 ASSOCIATE DIRECTOR
Timothy Klatt
Contact: timothy.klatt@uni.edu

### 6 PROGRAM COORDINATORS
Barb Shepard, Office Coordinator
Contact: barbara.shepard@uni.edu
Norma Allen, Secretary
Contact: norma.allen@uni.edu
Phyllis Beauchamp, Secretary
Contact: phyllis.beauchamp@uni.edu

### 3 SUPPORT STAFF

### 280 STUDENT EMPLOYEES

**OUR MISSION**

**ADVISORY BOARD**

**BUDGET**
AQUATICS & CERTIFICATIONS

The purpose of the Aquatics program is to provide opportunities for aquatic-related fitness and life-saving certifications. The Aquatics program also serves the UNI community through the Paddling Panthers learn-to-swim program and the Master’s Swim program.

The aquatics program has a sustained history of preparing graduates for work in the aquatic industry. A unique relationship with the School of Health, Physical Education and Leisure Services allows students to receive a certificate in aquatic management through classroom learning that is further enhanced with out of class work in the Recreation Services Aquatics program.

Program Coordinator: Rachel Cook
Contact: rachel.cook@uni.edu

GROUP FITNESS

The Group Fitness program boasts a comprehensive offering of over 70 courses each semester. Types of classes include cardio, water, strength and conditioning, mind and body, specialty, and special events. The program also includes exercise incentives and fitness events for kids.

The 70-plus sections are offered between 6-8am, over the noon hour, and between 3-10pm. Some of the more popular classes are offered multiple times per day, providing students, faculty, and staff with flexibility in their fitness routine.

Six instructor-level certifications are also available in the group fitness program. Instructor-level certifications allow students to match in-classroom information with out of class certification and practical work as group fitness instructors.

Program Coordinator: Dana Foster
Contact: dana.foster@uni.edu

PERSONAL TRAINING

The Personal Training program allows participants to work one-on-one with a Personal Trainer. Personal Trainers focus on education, motivation, and exercise adherence to help clients enjoy the lifelong benefits of regular physical activity. Hallmarks of the program include a pre-training assessment, 10 one-hour sessions, and a post-training assessment. Sessions are geared toward client goals.

Clients usually participate to manage injuries or to become oriented to fitness equipment. Clients also participate in this program to learn new techniques and workout routines.

Program Coordinator: Kristy Leen
Contact: kristy.leen@uni.edu
**Informal Recreation**

In addition to our vast numbers of structured activities, the Wellness/Recreation Center offers many non-structured opportunities as well. These include drop-in use of the fitness center, free weight room, leisure and lap pools, climbing wall, racquetball courts, and the gymnasiums. Additionally, the Health Beat in Maucker Union is a heavily used drop-in fitness center. Informal recreation and drop-in use accounts for the vast majority of yearly participation.

**Program Revenue Breakdown**

<table>
<thead>
<tr>
<th>Program and Percentage of RS Program Revenue</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aquatics &amp; Certifications</td>
<td>$116,446</td>
</tr>
<tr>
<td>Group Fitness</td>
<td>$67,298</td>
</tr>
<tr>
<td>Personal Training</td>
<td>$28,869</td>
</tr>
<tr>
<td>Intramurals</td>
<td>$16,621</td>
</tr>
<tr>
<td>Sport Clubs &amp; Youth Programs</td>
<td>$18,858</td>
</tr>
<tr>
<td>Outdoor Recreation</td>
<td>$192,618</td>
</tr>
<tr>
<td>Interest</td>
<td>$2,046</td>
</tr>
<tr>
<td>Commission</td>
<td>$5,937</td>
</tr>
<tr>
<td>Memberships &amp; Rentals</td>
<td>$210,581</td>
</tr>
</tbody>
</table>

Total: 100.0%
The purpose of the Intramural program is to provide students with a variety of short-term, competitive activities in single, dual, and team formats. Like sport clubs, leadership opportunities exist for students who would like to be their team’s manager, officiate contests, or become an Intramural Supervisor.

The Intramural program offers a wide range of up to 40 activities including softball, flag football, volleyball, basketball, dodgeball, soccer, swimming, pickleball, racquetball, bench press, golf, badminton and many more. UNI continues to be one of few institutions offering intramural wrestling.

Although most Intramural participation occurs on campus, statewide, regional, and national tournaments are available for campus champions in flag football and basketball.

Program Highlight
UNI hosted Wartburg College and Hawkeye Community College in a three-way flag football tournament held in the UNI-Dome.

The purpose of the Sport Club program is provide opportunities for students based on their sport aspirations. Club organization, grassroots recruitment, development of club bylaws, and governance are all hallmarks of the sport club program. Throughout 2014 – 2015, 25 sport clubs were active. Clubs typically practice twice a week and invite other institutions to compete. Competitions take place at UNI or the teams will travel to compete.

The purpose of the Youth Program is to provide community-wide youth programming. The anchor program is the Spring Break All-Sports Camp. The week-long camp provides swimming and climbing opportunities as well as at least four different sport programs each day. Parents refer to the program as PE all day. The leisure pool and climbing wall provide programming options that are unique to the Wellness/Recreation Center. Babysitting classes, outdoor adventure camp, climbing camp, and junior lifesaving round out current Youth Program offerings.

Program Highlight
The UNI Tae Kwon-Do club, the oldest collegiate traditional tae kwon-do club in America, participated in the 44th Promotional Testing.

The purpose of the Outdoor Recreation program is to provide outdoor and environmental education and opportunities for students, faculty, and staff. The Outdoor Recreation program is committed to providing enjoyable, challenging, meaningful, and educational experiences that will allow individuals and groups to learn the skills necessary for survival and safety in outdoor activities as well as develop an appreciation for the environment.

The UNI Outdoors program encompasses three main functions, including managing the climbing wall, organizing and guiding adventure trips, and providing equipment rental. UNI Outdoors uses four main facilities, including the WRC climbing wall, the WRC Outdoor Recreation Center, the north pond, and the west campus soft trail. The adventure trips program also uses public and private lands all over the United States and travels to one foreign country each year.
341,480 TOTAL VISITS* 2014 2015

774 TAE KWON-DO BLACK BELT GRADUATES, 1976—PRESENT

1,500 FITNESS CLASS PARTICIPANTS
725 | FALL
641 | SPRING
634 | SUMMER

488 SPORT CLUB MEMBERS

14,292 INTRAMURAL PARTICIPATIONS

1,960 UNIQUE STUDENT PARTICIPANTS

6,239 CLIMBING WALL USES

694 AMERICAN RED CROSS CERTIFICATIONS

229 BELAY CLINIC PARTICIPANTS

427 OUTDOOR EQUIPMENT RENTALS

224 ADVENTURE TRIP PARTICIPANTS

1,626 PERSONAL TRAINING SESSIONS

*Includes visits throughout the 2014–2015 academic year for drop-in recreation, sport clubs, intramurals, fitness classes, and personal training.
If there is an accommodation you need in order to participate in a WRS program or activity, please contact WRC 101 with the information provided above. The University of Northern Iowa does not discriminate in employment or education. Visit uni.edu/policies/1303 for additional information.

This publication was designed by Rachael Bair, class of 2016, majoring in graphic design and graphic technologies.
Aquatics

Recreation Services
University of Northern Iowa
Outdoor Recreation

Recreation Services
University of Northern Iowa
Sport Clubs

Recreation Services
University of Northern Iowa
Sport Clubs

Recreation Services
University of Northern Iowa
Sport Clubs

Recreation Services
University of Northern Iowa
Recreation Services

University of Northern Iowa
Got game?
Prove it.
Play Intramurals.

Recreation Services
University of Northern Iowa
UNIVERSITY OF NORTHERN IOWA

RED CROSS CERTIFICATION

BECOME CERTIFIED

to save lives! Gain skills and certification through private group classes, which are offered for most courses through UNI Recreation Services. Classes are held at the UNI Wellness/Recreation Center for a minimum of six participants and are based on instructor availability. To schedule a class, please call Aquatics and Certifications Coordinator Rachel Cook in the WRC office at (319) 273-7263.

CPR

Note: Basic Life Support is the new CPR/AED for Professional Rescuers.

Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED)
Section 19
8:30am – 3pm, Apr. 23, WRC 155
$80 – UNI Student
$85 – Non-UNI Student

The purpose of the Basic Life Support for Healthcare Providers (BLS) course is to ensure that individuals with a duty to respond have the knowledge and skills to care for respiratory arrest, cardiac arrest, or airway obstruction.

Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED) – Review
Section 18
5pm – 9pm, Apr. 20, WRC 155
$50 – UNI Student
$55 – Non-UNI Student

This course is a renewal for those who hold a current (within 30 days) CPR/AED for the professional rescuer certificate (or equivalent).

Combo Class – Save $25!
Basic Life Support for Healthcare Providers (Adult, Child, and Infant CPR/AED), First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission
Section 8
7:30am – 8pm, Feb. 14, WRC 150
$125 – UNI Student
$140 – Non-UNI Student

This course will combine Basic Life Support for Healthcare Providers (CPR/AED), First Aid, and Bloodborne Pathogens Training: Preventing Disease Transmission.

Community CPR (Adult CPR/AED)
Section 5
5:30pm – 8pm, Mar. 1, WRC 150
$45 – UNI Student
$50 – Non-UNI Student

Gain the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults until EMS arrive.

Community CPR (Adult, Child, and Infant CPR/AED)
Section 9
5pm – 9pm, Mar. 28, WRC 150
$70 – UNI Student
$75 – Non-UNI Student

Gain the skills necessary to prevent, recognize, and provide basic care for breathing and cardiac emergencies in adults, children, and infants until EMS arrive.

First Aid

Bloodborne Pathogens Training: Preventing Disease Transmission
Section 13
6pm – 9pm, Apr. 6, WRC 155
$25 – UNI Student
$30 – Non-UNI Student

Trains and provides individuals with an understanding of the intent of the Bloodborne Pathogens regulation issued by OSHA. The following topics will be covered: how disease transmission occurs, diseases of greatest concern, precautions to prevent disease transmission, and steps to take if an exposure occurs.

First Aid
Section 8
5pm – 8pm, Mar. 7, WRC 155
$45 – UNI Student
$50 – Non-UNI Student

Provides the knowledge and skills necessary to recognize and provide basic first aid care for injuries and sudden illnesses until EMS arrive.

Aquatics

Unless otherwise noted, classes are taught on weekdays during the following times.
Fridays: 4pm – 10pm
Saturdays: 8am – 8pm
Sundays: 8am – 6pm

Lifeguard Training†
Section 1
Feb. 5 – 7, WRC 150
Section 6
Mar. 4 – 6, WRC 150

This course is a renewal for those who hold a current (within 30 days) CPR/AED for the Professional Rescuer. Must be at least 15 years of age before the end of the course.

Lifeguard Review
Section 4
8am – 8pm, Feb. 28, WRC 150
Section 20
6am – 8pm, May 7, WRC 150
$90 – UNI Student
$95 – Non-UNI Student

This course is a renewal for those who hold a current (within 30 days) lifeguarding/CPR/AED/First Aid certificate. Includes CPR/AED and First Aid.

Water Safety Instructor‡
Section 7
Mar. 4 – 6, WRC 103
Section 14*
4pm – 8pm, Apr. 8
8am – 6pm, Apr. 9
8am – 5pm, Apr. 10, WRC 103

†Blended Learning Format: Requires approx. 7 hours of online simulation learning, which will be sent via email ahead of time.
Section 22
May 12 – 15, WRC 103
$170 – UNI Student
$180 – Non-UNI Student

‡Students must attend all three days to receive certification.

Shallow Water Attendant Training‡
Section 12
Apr. 15 – 17, WRC 155
May 20 – 22, WRC 150

$180 – Non-UNI Student
$170 – Non-UNI Student

Participants will gain knowledge and skills needed to prevent and respond to aquatic emergencies in shallow water up to 5 feet. It also includes CPR/AED for the Professional Rescuer and First Aid. Must be at least 15 years of age before the end of the course.

Registration

To register or to view registration policies, visit www.uni.edu/recreation/certifications.

Questions? Contact me!
Rachel Cook, Aquatics & Certifications Coordinator
(319) 273-7263
rachel.cook@uni.edu
www.uni.edu/recreation/aquatics
LEARN TO SWIM

in the Wellness and Recreation Center pools. Our Paddling Panthers program offers all levels of the American Red Cross Learn-to-Swim Program and utilizes the 25-yard lap pool and the leisure pool. Lessons are offered year-round to family members of UNI students, faculty, staff, and alumni. Don’t miss out — register today!

Group swim lessons are held in the WRC natatorium and are taught by American Red Cross-certified Water Safety Instructors. Summer sessions are held Monday through Thursday for two consecutive weeks. Participants in the program will be assessed on the first day of class to ensure proper class level enrollment. Sessions are offered for all levels.

Session 1: May 9 – May 19
5:00pm, 5:45pm

Session 2: June 6 – June 16
9:00am, 9:45am, 5:00pm, 5:45pm

Session 3: June 20 – June 30
9:00am, 9:45am

Session 4: July 11 – July 21
9:00am, 9:45am, 5:00pm, 5:45pm

Fees for UNI Students, Faculty, Staff, and WRC Paid Users
One child: $40/session
Two children: $80/session
Three or more children:
$80 + half-off each additional child

Fees for UNI Alumni
One child: $50/session
Two children: $100/session
Three or more children:
$100 + half-off each additional child

Private Lessons

Private lessons are available for any skill level. For more information, please email swimlessons@uni.edu.

Fees for UNI Students, Faculty, Staff, and WRC Paid Users
One child: $15 for a 30-minute lesson
Two children: $23 for two separate back-to-back 30-minute lessons

Fees for UNI Alumni
One child: $17 for a 30-minute lesson
Two children: $25 for two separate back-to-back 30-minute lessons
by UNI Personal Trainers who will use their knowledge and expertise to get you motivated towards your health and wellness goals. Combine this with a variety of exercise techniques, from TRX training to cardiovascular programming, and we can steer you on the right path to success! No matter your fitness level, physical activity can be fun and beneficial for you!

What is personal training? It is a result-driven exercise program designed specifically for you. Certified personal trainers will assist you in goal setting, fitness assessments, tailored workouts, equipment use, motivation techniques, and exercise adherence! Let the Personal Trainers assist you in feeling better, moving better, and gaining more energy to enhance your quality of life. Fitness assessments are also available.

Student Group Training Packages
Prices listed per person. For groups of 2 – 4 people.
Package 1:
One Group Exercise Session, $30
• 1.5 – 2 hour orientation and exercise session at one of our three facilities
Package 2:
Six Group Exercise Sessions, $76
• Meet with a Personal Trainer six times
Package 3:
10 Group Exercise Sessions, $110
• Meet with a Personal Trainer ten times
Package 4:
20 Group Exercise Sessions, $230
• Meet with a Personal Trainer ten times

Faculty/Staff/Affiliate Group Training Packages
Prices listed per person. For groups of 2 – 4 people.
Package 1:
One Group Exercise Session, $35
• 1.5 – 2 hour orientation and exercise session at one of our three facilities
Package 2:
Six Group Exercise Sessions, $90
• Meet with a Personal Trainer six times
Package 3:
10 Group Exercise Sessions, $130
• Meet with a Personal Trainer ten times
Package 4:
20 Group Exercise Sessions, $240
• Meet with a Personal Trainer ten times

Questions? Contact me!
Dana Foster, Instructional Fitness Coordinator
(319) 273-5859
dana.foster@uni.edu
www.uni.edu/recreation/personal_training